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YUMMY DESSERTS

SO TASTY!
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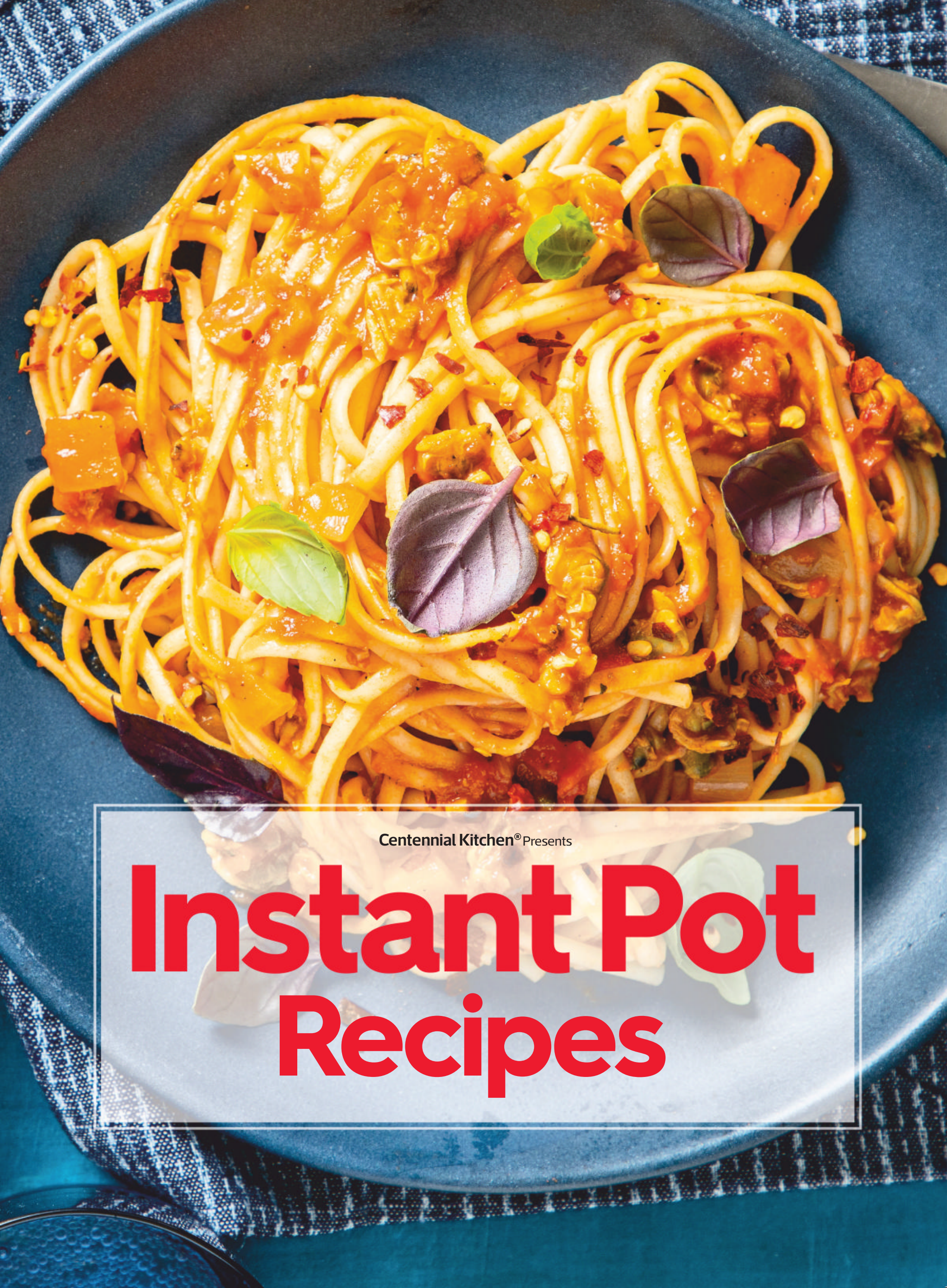
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Get the Most Out
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With Red
Clam Sauce,
page 65**





Centennial Kitchen® Presents

Instant Pot Recipes

Instant Gratification

Over the past few years, we've all had at least one thing to rejoice about: a return to enjoying a home-cooked meal, whether solo, with family or a group of friends. And the Instant Pot has been there every step of the way. In fact, sales have been way up in recent years, as many of us want that homemade goodness but don't want to spend hours in the kitchen.

If you were inspired to purchase one recently, good news! Here, you'll get a quick review of its features and capabilities. Then, for both first-timers and longtime fans, we've got page after page of recipes that will take you from breakfast to dessert (with some tasty snacks along the way).

Although the Instant Pot has a well-deserved reputation as a slow cooker, it's so much more. Imagine Cheese Blintz Souffle (page 15), Szechuan Beef (page 54), Moroccan-Style Chickpeas (page 72) or Chocolate Fudge Cake (page 95)—faster than you thought possible, no oven required!

Read on for some meal inspiration, then plug in and get cooking with us!

—The Editors
CENTENNIAL KITCHEN

**Chicken
Massaman
Curry,
page 40**

Centennial Kitchen® Presents

Instant Pot Recipes

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the how-to

Instant Pot Basics

Your new Instant Pot (“IP”) will come with a user manual that will explain all the model’s features. This intro will help you get started.

Overview

When you plug in your IP, the display will read Ultra, the default setting for pressure-cooking at High for 30 minutes. You can adjust the cooking program by turning the knob. The options include Pressure Cook (Manual), Soup/Broth, Meat/Stew, Bean/Chili, Steam, Slow Cook, Sauté, Warm, Rice, Porridge, Multigrain, Cake, Egg, Sterilize, Yogurt and Ultra.

Each of these programs has a default cook time, but you can select a different time as well as temperature and high or low pressure (if the program has this option). Once you choose the desired cooking program and adjust the time to suit your recipe, just press Start. If you need to start over, select Cancel.

Other Things to Keep in Mind

Select Sealing to close the pressure-release valve for all of the cooking

programs except for Slow Cook, Yogurt and Sauté. Both the Sauté and Slow Cook programs have three temperature settings: Low, Medium and High.

NOTE Although these instructions are written for the Ultra 10-in-1 Multi-Use Programmable Pressure Cooker, they are adaptable to the Duo 7-in-1 Multi-Use Programmable Pressure Cooker (or even older models). Low/Medium/High in these instructions correspond to Less/Normal/More on older Instant Pot models.

Pressure-Cooker Functions

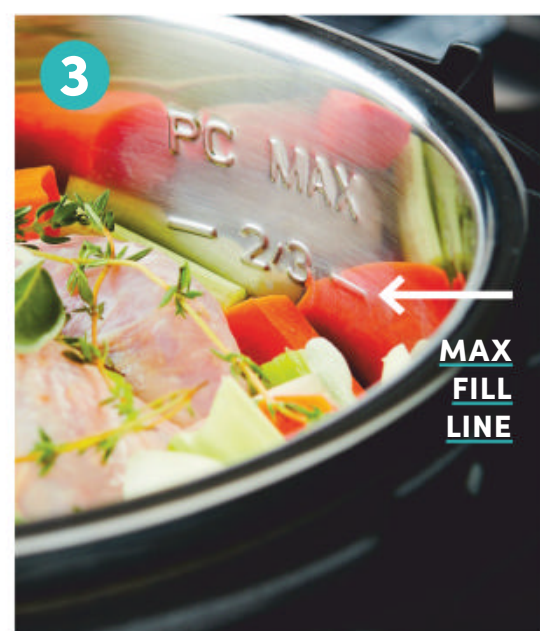
Each of the preset pressure-cooking programs defaults to High Pressure (with the exception of Rice, which defaults to Low Pressure). Each preset program also has a default cook time, but the time can be adjusted higher or lower if needed.

The Slow-Cook Function

The Slow-Cook function defaults to a 4-hour cook time on Medium Temperature (again, both time and temperature can be adjusted up or down). The slow-cook recipes in this publication most often call for High Temperature (called “More” on older models). This temperature level is the equivalent of medium-high if there were such a setting on a stand-alone slow cooker, so the timings fall between what would be low and high on a regular slow cooker.

The Sauté Function

You don’t need to set a cook time for the Sauté program, but it automatically shuts off after 30 minutes. Medium Temperature is the most frequently used. Use High to quickly sear a piece of meat. Use Low to gently simmer or reduce a sauce.



The Yogurt Function

Making yogurt is a two-stage process. First, boil and cool down the milk, then incubate the yogurt after the live cultures are added for at least 8 hours at a low temperature. (You won't be able to use the pot during this time.)

Basic Operation & Guidelines

1 To open the lid, grab the handle and rotate the lid counterclockwise about 10 degrees. A chime will sound.

2 The stainless steel inner pot can be removed for cleaning and so you can easily read the volume-level markings on the inside. Thoroughly clean the inside and outside of the inner pot before placing it in the Instant Pot.

3 When pressure-cooking, be sure the total amount of food and liquid doesn't go above the level indicated on the

inner pot. It's recommended that the inner pot not be more than two-thirds full. For foods such as rice and beans (which tend to foam), do not fill the pot more than half full.

4 To close and lock the lid, grab the handle and rotate the lid clockwise about 10 degrees until the ▼ mark on the lid lines up with the ▲ mark on the pot base. A chime will sound when the lid is locked. Turn the pressure-release valve to the correct setting—Venting or Sealing—for your recipe.

5 Choose the desired cooking function and program the pot. Adjust pressure, temperature and cook time according to the directions in your recipe, if necessary.

6 When the dish is done, release the pressure and steam that have built up

during cooking. This can be done in one of two ways (or a combination), depending on what you're cooking.

Quick Release

Turn the pressure-release valve to the open or Venting position to quickly release pressure until the float valve drops down. Using the quick release prevents pasta, vegetables, grains, and more delicate meats, poultry and fish from becoming overcooked and mushy.

Natural Release

Leave the pressure-release valve in the closed or Sealing position. The pot will cool down and the float valve will drop down on its own. This can take 10 to 15 minutes or even longer. This allows heartier foods, such as large roasts, to continue cooking in the residual heat.



quick tip

Make sure the English muffins are well toasted so they don't get soggy after the salmon, eggs and sauce are placed on top.





chapter one

Breakfast

Start your day in the best possible way, with a satisfying meal of warming oatmeal, a savory egg dish or a sweet pastry with these quick-cooking recipes.

Eggs Benedict With Smoked Salmon

*Classic; Guest-Worthy;
Special Occasion*

Velvety smoked salmon makes this brunch favorite seem luxurious. You'll need four silicone egg-poaching cups.

START TO FINISH 15 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 3 egg yolks, beaten
- 1 teaspoon lemon juice
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup butter
- Cooking spray
- 4 large eggs
- 2 English muffins, halved and toasted
- 4 slices smoked salmon
- Paprika, arugula, microgreens, for garnish

1 In a small mixing bowl, whisk together egg yolks, lemon juice, 1 teaspoon water, salt and pepper. Set aside.

2 Place a trivet in an IP. Pour in 1 cup water.

3 In a ramekin, add butter; cover tightly with foil. Place on trivet, then place another trivet on top of ramekin.

4 Coat poached-egg cups with cooking spray and crack one egg into each poacher. Place poached-egg cups on trivet.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.

6 When time is up, use natural release for 1 minute, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

7 Remove eggs, top trivet and ramekin from IP. Select Keep Warm on IP.

8 Place mixing bowl with egg yolk mixture on trivet in IP and while vigorously whisking, drizzle in hot

melted butter; continue mixing until mixture thickens and becomes pale yellow. Leave in IP.

9 Place each toasted muffin half on a serving plate. Top each with 1 slice of smoked salmon.

10 Using a spoon, loosen each egg from cup; place on salmon. Spoon sauce on top. Garnish as desired and serve.

Peach Pie Scones

Classic; Family Favorite; Guest-Worthy

For best results, keep the butter in the refrigerator until you're ready to use it.

START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 2 cups all-purpose flour
- ⅓ cup sugar
- 1 tablespoon baking powder
- ½ cup cold butter
- 1 cup heavy cream
- 1 cup diced peaches
- Sanding sugar, for sprinkling
- Clotted cream or creme fraiche, for serving
- Mint leaves, for garnish

1 Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.

2 In a large bowl, whisk together flour, sugar and baking powder. Cut in cold butter with 2 forks. Stir in heavy cream and peaches.

3 Pour batter into prepared pan and sprinkle with sanding sugar. Place pan on trivet.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.

5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

6 Transfer pan to a wire rack. Cool for 15 minutes. Cut into wedges and serve with clotted cream; garnish as desired.





Piña Colada Coffee Cake

Easy; Guest-Worthy

This tropical dessert is sure to become a brunch favorite.

START TO FINISH 40 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

Cooking spray

- 1½ cups all-purpose flour
- ½ teaspoon kosher salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup butter, melted
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup sour cream
- 1 tablespoon dark rum
- ½ cup chopped pineapple
- ½ cup shredded coconut
- Chopped coconut,
chopped pineapple,
toasted shredded coconut,
mint leaves, for garnish

1 Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.

2 In a large bowl, whisk together flour, salt, baking powder and baking soda. Mix in butter, sugar, vanilla, eggs, sour cream, rum, pineapple and coconut. Pour mixture into prepared pan. Place pan on trivet.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.

4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Remove pan from IP. Slice cake into wedges and garnish as desired to serve.

BREAKFAST



**Coconut and
Raspberry
Pancake**

Miso Breakfast Oats With Avocado

Easy; Quick

Miso adds a hit of umami to this hearty, savory breakfast dish.

START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 2

INGREDIENTS

- Cooking spray
- ½ cup uncooked steel-cut oats
- 1 cup unsweetened almond milk
- 1 cup chopped collard greens
- 1 tablespoon miso
- 1 teaspoon soy sauce
- 1 avocado, sliced, for topping
- 2 scallions, sliced, for topping
- Red pepper powder, soy sauce, chile oil, for garnish

- 1** Coat inner pot of IP with cooking spray. Stir in oats, almond milk and 1 cup water.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.
- 3** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4** Select Sauté; stir in collard greens, miso and soy sauce. Cook for 2 minutes.
- 5** Divide between serving bowls and top with avocado slices and scallions. Garnish as desired and serve.

Coconut and Raspberry Pancake

Easy; Guest-Worthy; Kid-Friendly

It's yummy for breakfast, but it would also make a delicious dessert with a scoop of chocolate ice cream.

START TO FINISH 50 minutes
(5 minutes active)
SERVINGS 6



Miso Breakfast Oats With Avocado

INGREDIENTS

- Cooking spray
- 2 cups all-purpose flour
- 1½ tablespoons baking powder
- ¼ cup sugar
- 1 teaspoon kosher salt
- 2 cups whole milk
- ¼ cup vegetable oil
- 1 tablespoon vanilla extract
- 2 large eggs
- 1 cup raspberries
- ⅓ cup unsweetened shredded coconut
- Whipped cream, raspberries, shredded coconut, for garnish

- 1** Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.

- 2** In a large bowl, whisk together flour, baking powder, sugar, salt, milk, oil, vanilla and eggs until smooth. Fold in raspberries and coconut. Pour batter into prepared pan.
- 3** Place pan on trivet. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 35 minutes.
- 4** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Transfer pan to a wire rack. Cool for 15 minutes. Cut into wedges and garnish to serve.



Chocolate
Chip Pancake

Chocolate Chip Pancake

Family Favorite; Guest-Worthy; Kid-Friendly

Make it a celebration by topping this pancake with some whipped cream.

START TO FINISH 40 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

Cooking spray

- 1 (18.25)-ounce box chocolate chunk muffin mix
- ½ cup vegetable oil
- 3 large eggs
- ½ cup milk chocolate chips
- Powdered sugar, for garnish
- Maple syrup, for serving

- 1** Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.
- 2** In a large bowl, whisk together muffin mix, ½ cup water, oil and eggs. Fold in chocolate chips.

- 3** Pour batter into prepared pan. Place pan on trivet.
- 4** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.
- 5** When time is up, use natural release for 1 minute, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Place pan on a wire rack and let cool for 15 minutes. Cut into wedges and garnish with powdered sugar; serve with syrup on the side.

Arugula and Asparagus Frittata

Classic; Family Favorite; Guest-Worthy

Arugula adds a slightly spicy note to this breakfast and brunch favorite. It's also good with Swiss cheese.

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

Cooking spray

- 6 large eggs
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 pound asparagus, chopped
- ½ cup chopped scallions
- ½ cup shredded mozzarella
- Arugula, olive oil, cracked black pepper, for garnish

- 1** Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1 cup water. Place trivet inside IP.
- 2** In a large bowl, whisk eggs, salt and pepper. Fold in asparagus, scallions and cheese. Pour mixture into prepared pan and place on trivet.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Transfer pan to a wire rack. Cool for 15 minutes.
- 6** Slice to serve and garnish with arugula drizzled with olive oil and sprinkled with cracked black pepper.

Maple and Walnut French Toast

Classic; Easy; Kid-Friendly

You can use day-old bread for this dish—in fact, it's even better at soaking up all the flavor!

START TO FINISH 30 minutes
(25 minutes active)

SERVINGS 4

INGREDIENTS

Cooking spray

- 3 large eggs
- ⅓ cup whole milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ⅓ cup maple syrup
- ½ (16-ounce) French bread loaf, cubed
- ¼ cup cream cheese, softened

- ¼ cup chopped walnuts
- Powdered sugar, chopped walnuts, strawberries, blackberries, raspberries, mint leaves, for garnish

- 1 Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.
- 2 In a large bowl, whisk eggs, milk, vanilla, cinnamon, and maple syrup. Fold in bread cubes, cream cheese and walnuts.
- 3 Pour batter into prepared pan and place on top trivet.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.
- 5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Transfer pan to a wire rack. Cool for 15 minutes.
- 7 Garnish as desired to serve.

Cheese Blintz Souffle

Easy; Guest-Worthy; Special Occasion

This souffle comes together quickly thanks to the use of prepared blintzes, which can be found in the freezer section of most supermarkets.

START TO FINISH 38 minutes
(8 minutes active)
SERVINGS 6

INGREDIENTS

- Cooking spray
- 12 frozen cheese blintzes
- ¼ cup melted butter
- 5 large eggs
- 1½ cups sour cream
- ½ cup sugar
- ¼ cup orange juice
- 2 teaspoons vanilla extract
- 1 tablespoon cinnamon sugar
- Berries, whipped cream, mint sprigs, for garnish

- 1 Coat a 7-inch cake pan with cooking spray. In the inner pot

of an IP, add 1 cup water. Place trivet inside IP.

- 2 Arrange blintzes in 2 layers in prepared pan.
- 3 In a large bowl, whisk together butter, eggs, sour cream, sugar, orange juice and vanilla. Pour mixture over blintzes. Sprinkle with cinnamon sugar.
- 4 Place pan on trivet. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.
- 5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Remove from IP; garnish and serve.

Blackberry and Granola Muffin Bites

Easy; Family Favorite; Kid-Friendly

Use a seven-section silicone egg-bites mold designed for the Instant Pot.

START TO FINISH 45 minutes
(15 minutes active)
SERVINGS 7

INGREDIENTS

- ⅓ cup light brown sugar
- ⅓ cup melted butter
- 1 teaspoon vanilla extract
- ½ cup whole milk
- 1 teaspoon baking powder
- 1 cup all-purpose flour
- ½ teaspoon kosher salt
- ½ cup blackberries
- ½ cup granola
- Cooking spray

- 1 In a medium mixing bowl, whisk brown sugar, butter, vanilla and milk. Stir in baking powder, flour and salt. Fold in blackberries and granola.
- 2 Coat an egg-bites mold with cooking spray. Spoon the batter into each cup. Cover mold with foil.
- 3 Place a trivet in an IP. Pour in 1 cup water. Place mold on trivet.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 12 minutes.
- 5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Serve warm.



Arugula and Asparagus Frittata

Loaded Potato Breakfast Bake

Easy; Family Favorite; Guest-Worthy

Potatoes with sour cream, bacon and cheddar—this is a real crowd pleaser!

START TO FINISH 35 minutes
(5 minutes active)
SERVINGS 8

INGREDIENTS

- 2 pounds potatoes, peeled and cubed
- ½ cup butter
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup whole milk
- 1 cup sour cream
- 1 packet ranch seasoning mix
- 2 cups shredded cheddar cheese, divided
- Cooking spray
- Sliced scallions, cooked and crumbled bacon, caramelized onions, for garnish

- 1 In the inner pot of an IP, add potatoes, butter, salt and pepper.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 7 minutes.
- 3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Meanwhile, coat a 7-inch pan with cooking spray.
- 5 Using a potato masher or forks, mash potatoes in the IP. Stir in milk, sour cream, ranch mix and 1 cup cheese. Place potato mixture in prepared pan.
- 6 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 7 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 8 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 9 Sprinkle with remaining 1 cup cheese. Garnish as desired to serve.

Leek and Gouda Quiche

Easy; Family Favorite; Guest-Worthy

Perfect for brunch with friends or a light lunch with a green salad alongside.

START TO FINISH 45 minutes
(5 minutes active)
SERVINGS 4

INGREDIENTS

- Cooking spray
- 6 large eggs
- ½ cup whole milk
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup cooked and crumbled bacon
- 2 large leeks, thin sliced
- 2 cups shredded Gouda, divided
- Chopped parsley, for garnish

- 1 Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.
- 2 In a large bowl, whisk together eggs, milk, salt and pepper. Stir in bacon, leeks and 1 cup cheese. Pour mixture in prepared pan.
- 3 Place pan on trivet. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.
- 4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Sprinkle quiche with remaining 1 cup cheese.
- 5 Remove pan from IP. Garnish to serve.

Cherry Breakfast Bread

Classic; Easy; Family Favorite

Banana keeps this breakfast loaf super moist.

START TO FINISH 1 hour 10 minutes
(10 minutes active)
SERVINGS 12



Loaded Potato Breakfast Bake

INGREDIENTS

- Cooking spray
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- ⅔ cup mashed banana
- 2 large eggs
- ½ cup vegetable oil
- ⅓ cup pure maple syrup
- ½ cup chopped maraschino cherries
- Powdered sugar, for serving

1 Coat 2 small loaf pans (about 3¼x5¾ inches) with cooking spray. In the inner pot of an IP, add 1 cup water. Place trivet inside IP.

2 In a medium bowl, whisk together flour, baking soda and salt.

3 In a large bowl, mix banana, eggs, oil and maple syrup until well combined.

4 Add dry ingredients to wet ingredients; stir just until combined. Stir in cherries.

5 Transfer batter into prepared pans. Place a small piece of parchment paper on top of each pan, then cover with foil and place on trivet.

6 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 45 minutes.

7 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

8 Transfer pans to a wire rack. Cool for 15 minutes. Sprinkle with powdered sugar to serve.

Andouille and Sweet Potato Hash

Easy; Family Favorite; Guest-Worthy

The slightly spicy sausage provides a nice contrast to the sweet potatoes. Substitute chorizo if you prefer.

START TO FINISH 50 minutes

(15 minutes active)

SERVINGS 4



Andouille and Sweet Potato Hash

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- ½ pound andouille sausage, sliced
- ½ cup chopped onion
- ½ cup chopped red Fresno peppers
- 1 cup chopped green bell pepper
- 1 teaspoon chopped garlic
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 pound sweet potatoes, peeled and chopped
- ½ cup vegetable broth
- Chopped parsley, for garnish

1 On an IP, select Sauté; add oil and butter to the inner pot. When oil and butter are hot, add sausage and onion; cook for 3 minutes, until softened.

2 Stir in peppers, garlic, oregano, cayenne, salt and black pepper. Cook for 1 minute. Stir in sweet potatoes and broth.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 12 minutes.

4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Select Sauté again. Cook, stirring occasionally, until remaining broth is evaporated, about 2 minutes.

6 Transfer mixture to a serving plate and garnish as desired to serve.

Banana and Almond Oatmeal

Classic; Easy; Family Favorite

No excuse to skip a hot, healthy breakfast with the Instant Pot handy!

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 cup steel-cut oats
- 2 small bananas, sliced
- 2 tablespoons almond milk
- 1 teaspoon honey
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ cup honey butter
- Toasted sliced almonds,
honey butter, sliced bananas,
chia seeds, for garnish

1 In the inner pot of an IP, add oats, bananas, 3 cups water, almond milk, honey, vanilla and cinnamon.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.

3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Stir in honey butter. Divide among serving bowls and garnish as desired.

Pear and Pecan Oatmeal

Easy; Family Favorite; Kid-Friendly

Fruit and nuts make a classic oatmeal combo.

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

Cooking spray

- 1 cup steel-cut oats
- 3 cups unsweetened almond milk
- ½ teaspoon kosher salt
- 1 teaspoon vanilla extract

- ¼ cup maple syrup
- ½ cup chopped pecans, toasted
- ½ cup chopped pears
- Maple syrup, chopped pecans,
for serving

1 Coat inner pot of IP with cooking spray. Stir in oats, almond milk, salt, vanilla, maple syrup, pecans and pears.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Spoon into serving bowls; top with maple syrup and chopped pecans and serve.

Spicy Tomato Baked Eggs

Family Favorite; Guest-Worthy; Kid-Friendly

This spiced vegetarian dish is an easy Instant Pot take on shakshuka.

START TO FINISH 45 minutes
(30 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 4 Campari tomatoes, halved, divided
- 1 cup chopped onion
- 2 teaspoons chopped garlic
- 1 teaspoon paprika
- 1 cup cherry tomatoes
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ cup vegetable stock
- 4 large eggs
- ¼ cup crumbled feta cheese
- Chopped parsley, chopped chives,
Aleppo pepper, for garnish

1 On an IP, select Sauté; add oil and 4 tomato halves. Cook for 2 minutes, until softened. Remove tomatoes and set aside.

2 Stir in onion, garlic, paprika, cherry tomatoes, salt, pepper and stock. Cook for 3 minutes.

Spicy Tomato Baked Eggs





- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Create 4 small indentations in sauce; crack an egg into each. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute. Set pressure-release valve to Venting to release pressure. Unlock lid.
- 6** Top with remaining 4 tomato halves. Sprinkle with feta; garnish as desired.

Smoked Cheddar Omelet With Peas

Classic; Easy; Family Favorite

Hickory Farms makes amazing smoked cheddar cheese.

START TO FINISH 10 minutes
(2 minutes active)

SERVINGS 4

INGREDIENTS

Cooking spray

2 tablespoons melted butter

4 large eggs

½ teaspoon kosher salt

¼ teaspoon ground black pepper

½ cup green peas (frozen or fresh)

½ cup shredded smoked
cheddar cheese

Pea shoots, for garnish

- 1** Coat a 7-inch cake pan with cooking spray. In the inner pot of an IP, add 1½ cups water. Place trivet inside IP.
- 2** In a large bowl, whisk together butter, eggs, salt and pepper. Stir in peas and cheese. Pour mixture into prepared pan. Place pan on trivet.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Remove pan; garnish as desired.

quick tip

You can find these buns, soft and filled with Chinese-style barbecue pork, in the freezer section of many big-box and grocery stores.



chapter two

Appetizers & Drinks

Try these classics-with-a-twist—including delicious dips, festive finger foods and creative cocktails—for your next gathering or special meal.



Black Bean Hummus With Corn Topping

Black Bean Hummus With Corn Topping

Guest-Worthy; Special Occasion

No need to soak dried black beans for hours when you have an Instant Pot!

START TO FINISH 1 hour 35 minutes
(1 hour 5 minutes active)

SERVINGS 2½ cups

INGREDIENTS

- 1 cup dried black beans, rinsed and drained
- 1 teaspoon chopped garlic
- 1 bay leaf
- 1 teaspoon kosher salt
- ¼ teaspoon ground cumin
- ¼ cup fresh lemon juice
- ¼ cup extra-virgin olive oil

- ⅓ cup tahini
- ½ cup cooked yellow corn kernels
- ¼ cup chopped tomatoes
- Red pepper flakes and cilantro leaves, for garnish
- Mini pita rounds, mini radishes, for serving

- 1** In the inner pot of an IP, add dried beans, garlic, bay leaf and salt.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 55 minutes.
- 3** When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4** Using a slotted spoon, transfer beans and garlic to a food processor, discarding the bay leaf. Add cumin and ½ cup of the cooking liquid and blend until fairly smooth, about 2 minutes.

5 Stir in lemon juice, oil and tahini and blend until smooth, adding more cooking liquid as needed.

6 Place in a serving bowl and top with corn and tomatoes. Garnish as desired and serve with pita rounds and mini radishes.

Cheddar Beer Dip With Bacon

Classic; Easy; Guest-Worthy

Get the party started with this smoky, melty dip.

START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 10 to 12

INGREDIENTS

- 2 (8-ounce) packages cream cheese, softened
- ¼ cup sour cream
- 1½ tablespoons Dijon mustard
- 1 teaspoon garlic powder
- 1 cup beer
- 1 pound bacon, cooked and crumbled
- 2 cups shredded sharp cheddar cheese
- ¼ cup heavy whipping cream
- Sliced scallions and cracked black pepper, for garnish
- Assorted pretzels and crackers, for serving

1 In an IP, stir together cream cheese, sour cream, mustard and garlic powder until smooth. Stir in beer and bacon.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Select Sauté; stir in cheddar and cream. Cook until mixture has thickened, 3 to 4 minutes.

5 Place in a serving bowl; garnish and serve with pretzels and crackers.

Steamed Pork Bao

Classic; Easy; Family Favorite

These fist-sized, snowball-shaped bao buns originated in northern China, where wheat is more of a staple than rice.

START TO FINISH 2 hours 30 minutes
(2 hours minutes active)

SERVINGS 10

INGREDIENTS

- 1 (23-ounce) bag frozen char siu bao buns
- ½ cup cucumber, julienned
- ½ cup carrot, julienned
- ½ cup rice wine vinegar
- Torn cilantro, sweet chile sauce, red pepper flakes, for garnish

1 In the inner pot of an IP, pour 2 cups water. Place steamer basket in IP and place 5 frozen bao in basket.

2 Select Sauté; lock lid and set pressure-release valve to Sealing. Steam bao for 15 minutes.

3 Unlock lid and place bao on serving plate. Repeat with remaining 5 bao.

4 Meanwhile, for the slaw, in a small bowl combine cucumber, carrot and rice wine vinegar.

5 Top bao with slaw and garnish to serve.

Spinach Crab Dip

Classic; Easy; Guest-Worthy

Lump crabmeat can be a bit pricey, but backfin or special grade will still be delicious in this dish.

START TO FINISH 45 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 1 tablespoon butter
- 1 cup chopped red onion
- 1 tablespoon chopped garlic
- ⅛ teaspoon red pepper flakes
- ½ teaspoon kosher salt

- 3 (6-ounce) cans crabmeat, drained
- ½ cup mayonnaise
- 2 tablespoons flour
- ½ (8-ounce) package frozen chopped spinach, thawed, drained and squeezed dry
- 1 teaspoon seafood seasoning (like Old Bay)
- 1 teaspoon lemon juice
- 2 scallions, chopped, for garnish
- Crackers, pita chips or toasted baguette slices, for serving

1 On an IP, select Sauté; add butter, red onion, garlic, pepper flakes and salt and cook for 4 minutes. Stir in crab, mayonnaise, flour, spinach, seafood seasoning and lemon juice.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Place dip in a serving dish and top with scallions. Serve with desired crackers, chips or bread.

Baba Ghanoush

Classic; Easy; Guest-Worthy

Topped with a dollop of labneh, this dip is perfect with crudités for a party.

START TO FINISH 30 minutes
(20 minutes active)

SERVINGS 10

INGREDIENTS

- 6 tablespoons olive oil, divided
- 1 eggplant, peeled, cut in half, sliced lengthwise
- 2 teaspoons chopped garlic
- ½ teaspoon kosher salt
- 2 tablespoons tahini
- 2 tablespoons labneh
- Paprika, 2 tablespoons
- chopped parsley, about ¼ cup labneh, for garnish

Cucumber slices, carrot sticks, celery sticks, radishes, for serving

1 On an IP, select Sauté; add 2 tablespoons oil to the inner pot. When oil is hot, add eggplant in a single layer; cook for 10 minutes until slices are charred. Add 2 or 3 more tablespoons oil, turn slices and char on the other side. Add garlic, salt and ¼ cup water.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Using an immersion blender, roughly puree eggplant mixture. Stir in tahini and labneh.

5 Transfer to a serving bowl; garnish as desired. Drizzle with remaining oil and serve with vegetables.



Steamed Artichokes

Classic; Easy; Guest-Worthy

If you're not an aioli fan, try a creamy tarragon sauce or melted butter.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 4 cloves garlic
- 1 bay leaf
- 1 lemon, quartered
- 4 fresh large artichokes, trimmed
- Aioli, for serving

1 In the inner pot of an IP, add 1½ cups water, garlic and bay leaf. Place steamer basket in IP.

2 Rub a lemon quarter over the outside of the artichokes. Place artichokes and remaining lemon quarters in a single layer in basket.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

Cajun Boiled Peanuts

Classic; Easy; Guest-Worthy

Enjoy these spiced nuts as a cocktail snack or at any time.

START TO FINISH 1 day, 10 minutes
(10 minutes active)

SERVINGS 10 to 12

INGREDIENTS

- 2 pounds green peanuts in the shell, rinsed
- ½ cup kosher salt
- 2 tablespoon Cajun seasoning

1 In the inner pot of an IP, add peanuts, 10 cups water, salt and Cajun seasoning. Stir to combine.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 12 hours or Low Pressure for 24 hours.

3 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Let cool and serve.

Pork Dumplings

Classic; Easy; Family Favorite

The irresistible dipping sauce makes these dim sum favorites even better. If you have any left over, steam them to reheat for best results.

START TO FINISH 35 minutes
(10 minutes active)

SERVINGS 10

INGREDIENTS

- 1 tablespoon light soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 cups ground pork
- ¼ cup finely chopped onion
- ¼ cup finely chopped carrot

- 1 (14-ounce) package round dumpling wrappers
- Toasted sesame seeds, sliced
- Thai red chilies and sliced scallions, for garnish

1 In a small mixing bowl, to make the sauce, stir together soy sauce, oyster sauce, hoisin sauce, sugar, cornstarch and ½ cup warm water. Set aside.

2 On an IP, select Sauté; add oils, pork, onion and carrot to the inner pot. Cook for 5 minutes or until pork is no longer pink. Stir in 2 tablespoons of reserved sauce. Remove from pot and place in a large bowl. Wipe IP clean and select Cancel; place trivet in IP and pour in 1 cup water.

3 Place wrappers on a clean work surface. Spoon an equal amount of filling in center of each wrapper. Dip your fingers in a small bowl of water, moisten the wrapper edges, gather up the sides and pleat. You can leave a small opening at the top, or seal all the edges. Place dumplings on trivet, leaving space between them.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.



Pork Dumplings

- 5** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Place dumplings on a serving plate. Serve hot with remaining sauce on the side; garnish as desired.

Greek Pizza Dip With Pita Chips

Classic; Easy; Guest-Worthy

All the flavors you love in a Greek pizza! Pita chips are strong enough to hold up to this rich dip.

START TO FINISH 35 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 1 (8-ounce) package cream cheese, cubed
- 1 (8-ounce) package shredded Monterey Jack cheese
- 1 cup chopped cherry tomatoes
- ½ cup sliced black olives
- ½ cup marinated artichoke hearts, drained and chopped
- ¼ cup crumbled feta cheese
- 1 teaspoon chopped garlic
- 1 tablespoon chopped basil
- 1 teaspoon Greek seasoning
- Crumbled feta, sliced olives, quartered cherry tomatoes, mint leaves, for garnish
- Pita chips, for serving

- 1** Place a trivet in an IP. Pour in 1 cup water.
- 2** In a medium bowl, stir together all ingredients. Place in a small, round baking dish and cover with foil. Place dish on trivet.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Stir dip to combine; place in a serving bowl and garnish as desired. Serve with pita chips.



**Peach
Sunset
Cocktail**

Peach Sunset Cocktail

Easy; Guest-Worthy

This version is for adults only! Substitute sparkling water or club soda for the rum for family-friendly mocktails.

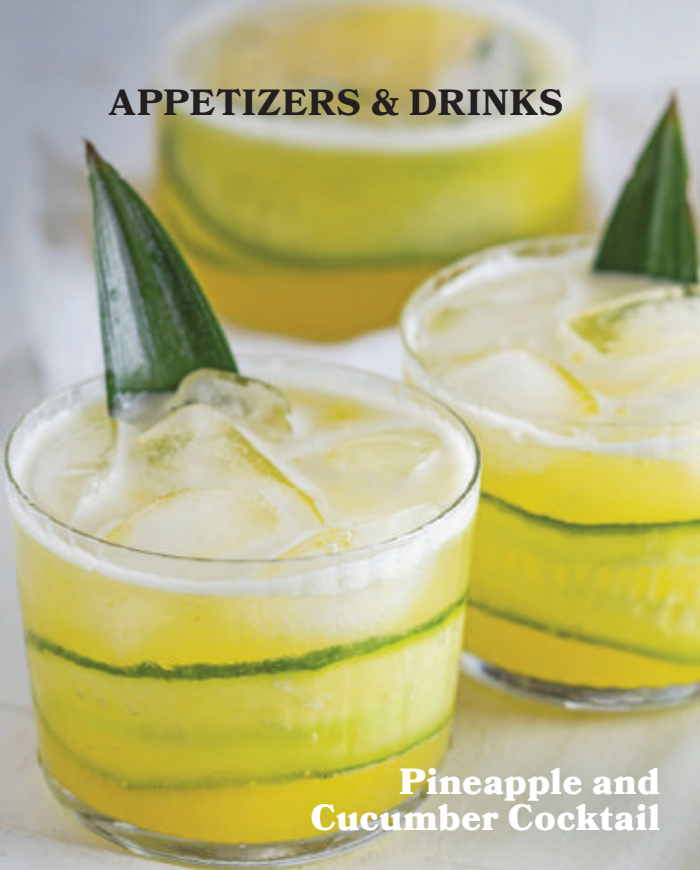
START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 6 large peaches, peeled, pitted and cut into chunks
- ¼ cup lime juice
- 1 cup white rum
- Grenadine, to drizzle
- Mint sprigs, to garnish

- 1** Place a steamer basket in an IP. Pour in ½ cup water. Place peaches in basket.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Let peaches cool slightly.
- 4** In a blender, add peaches and lime juice; blend until smooth.
- 5** For each drink, fill a cocktail shaker with ice; add ½ cup peach mixture and ¼ cup rum. Shake for 30 seconds and pour into a glass. Drizzle with grenadine (which will sink) and garnish with mint to serve.



Pineapple and Cucumber Cocktail

Pineapple and Cucumber Cocktail

Easy; Guest-Worthy

Make this adult beverage into a mocktail by leaving out the tequila.

START TO FINISH 8 minutes
(8 minutes active)

SERVINGS 6

INGREDIENTS

- 1 pineapple, peeled and cored, cubed
- 1 large English cucumber, peeled and cubed
- ½ cup sugar
- 1 cup tequila
- Pineapple leaves; long, thin cucumber slices, for garnish

- 1 In the inner pot of an IP, add pineapple and 1 cup water.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Let cool slightly.
- 4 In a blender, add pineapple mixture and cucumber and blend until smooth. Strain if desired.
- 5 Add mixture to a pitcher; stir in 3 cups water and sugar to dissolve. Stir in tequila.

- 6 To serve, fill glasses with ice. Pour in mixture and garnish.

Lemon and Lime Infused Water

Easy; Family Favorite; Kid-Friendly

So refreshing! You can also make it with sparkling water.

START TO FINISH 35 minutes
(5 minutes active)

SERVINGS 20

INGREDIENTS

- 1 cup lemon slices
- 1 cup lime slices
- ½ cup mint leaves
- Lemon slices, mint sprigs, for garnish

- 1 Place a steamer basket in the inner pot of an IP. Add lemon slices, lime slices and mint to the basket. Pour in 5 cups water.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Remove basket; discard solids. Let cool for 20 minutes.
- 5 To serve, add ice and 8 ounces water to a glass; stir in ¼ cup lemon-lime mixture and stir well. Garnish and serve.

Strawberry Shrub

Classic; Easy; Guest-Worthy

Tart and refreshing, shrubs develop even more flavor if they sit in the fridge for at least 24 hours before serving.

START TO FINISH 45 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 cup strawberries
- 2 cups apple cider vinegar
- 2 cups sugar
- Seltzer water
- Lemon wedges and mint sprigs, for garnish

- 1 In the inner pot of an IP, stir strawberries, vinegar, sugar and 2 cups water.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.
- 3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Pour the shrub into jars to cool. Screw on the lids and refrigerate for at least 1 day.
- 5 To serve, mix 2 tablespoons of the shrub with seltzer and pour over ice. Garnish and serve.

Peach Iced Tea

Classic; Family Favorite; Guest-Worthy

If peaches aren't in season, you may want to add a bit more sugar.

START TO FINISH 30 minutes
(20 minutes active)

SERVINGS 1 gallon

INGREDIENTS

- 4 large ripe peaches, peeled, quartered and pitted
- ½ cup sugar
- ¼ teaspoon baking soda
- 6 family-size iced tea bags
- ⅓ cup honey
- Peach slices, mint sprigs, for garnish

- 1 In a large saucepan over medium-high heat, bring 7 cups water, peaches and sugar to a boil. Lower heat and use a wooden spoon to stir and crush the peaches. Once the sugar is dissolved, cover and remove from heat. Set aside for 30 minutes.
- 2 Meanwhile, in the inner pot of an IP, add 3 cups water, baking soda and tea bags.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Remove and discard tea bags. Whisk in honey. Pour in 3 cups water. Refrigerate until completely chilled, then pour in peach mixture.

6 To serve, fill glasses with ice; pour in tea mixture and garnish.

Thai Iced Tea

Easy; Family Favorite

You can find Thai tea mix in many Asian grocery stores or online (many brands even include a cloth strainer).

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 6 tablespoons Thai tea mix
- 2 tablespoons evaporated milk
- 1 tablespoon sweetened condensed milk

1 In the inner pot of an IP, add 4 cups water and tea mix.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to

Venting to release remaining pressure. Unlock lid. Let mixture cool.

4 Using a fine-mesh strainer lined with a coffee filter and placed over a large pitcher or jug, strain mixture. Discard solids. Stir in both milks.

5 To serve, fill glasses with ice; pour in tea mixture and stir well.

Mango and Thai Basil Cocktail

Easy; Guest-Worthy

Thai basil has a slightly spicy taste that stands up well to cooking.

START TO FINISH 50 minutes
(5 minutes active)

SERVINGS 8

INGREDIENTS

- 1 (33.8-ounce) box mango juice
- ½ cup agave
- 2 mangos, sliced
- ½ cup Thai basil leaves
- 2 cups vodka
- Lime slices, for garnish

1 Place a steamer basket in the inner pot of an IP. Pour in juice and agave. Place mango slices and basil in basket.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

3 When time is up, use natural release for 10 minutes, then set

pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Remove basket; discard solids. Let cool completely.

5 In a large pitcher, add mango mixture; stir in vodka. Pour mixture into jars and store in refrigerator.

6 To serve, fill glasses with ice; pour in mango mixture and garnish.

Coconut Cooler

Easy; Family Favorite; Kid-Friendly

Drain the water from the coconut before peeling it (pierce it at the smooth end and set it over a bowl to drain) and add purchased coconut water for a total of 1 cup.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 medium coconut, peeled and cut into small pieces (reserve several chunks for serving)
- 1 cup coconut water
- 1 (14-ounce) can sweetened condensed milk
- 1 (12-ounce) can evaporated milk
- 1 teaspoon vanilla extract
- Coconut slices, mint sprigs, sliced pineapple, for garnish

1 In the inner pot of an IP, add coconut and coconut water.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Let mixture cool.

4 In a blender, add coconut mixture, 4 cups water, condensed milk, evaporated milk, and vanilla. Blend until smooth.

5 Strain mixture into a pitcher; add reserved coconut chunks. Stir in 4 cups of water. To serve, fill glasses with ice; pour in coconut mixture and garnish.

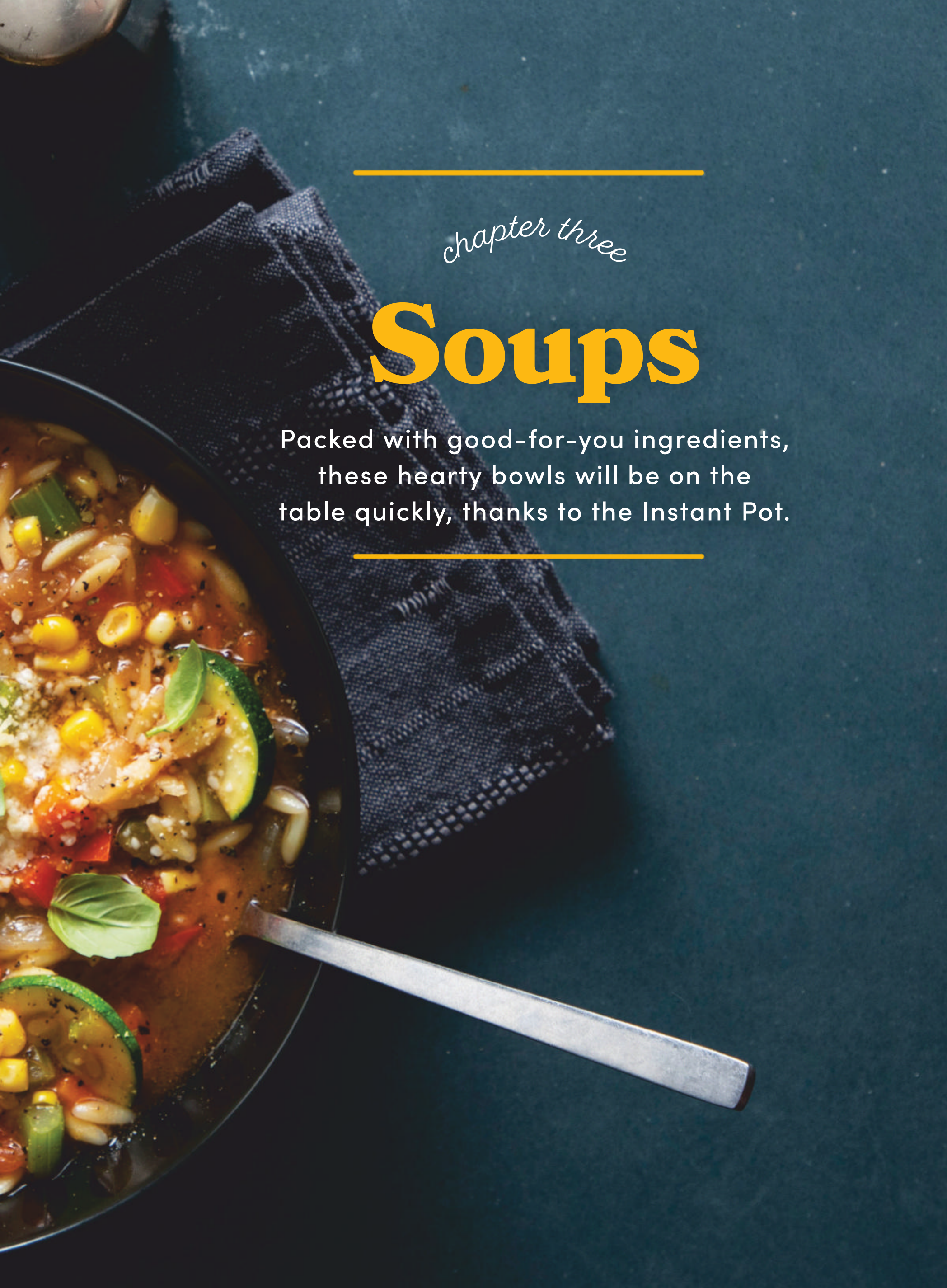


Mango and Thai Basil Cocktail



quick tip

Got leftovers? Most soups can be frozen in an airtight container and will keep for six months. Cream-based soups last for three months.

A bowl of soup is shown in the bottom left corner, filled with corn, zucchini, and basil. A metal spoon rests in the soup. The background is a dark blue surface with a folded grey cloth napkin. The text "chapter three" is written in a cursive font, and "Soups" is written in a large, bold, yellow font. Two horizontal yellow lines are positioned above and below the title.

chapter three

Soups

Packed with good-for-you ingredients,
these hearty bowls will be on the
table quickly, thanks to the Instant Pot.

SOUPS

Vegetable Soup

Classic; Family Favorite; Guest-Worthy

Use your favorite veggies in this light vegetarian soup.

START TO FINISH 50 minutes
(minutes active)
SERVINGS 6

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 cup chopped red bell pepper
- 1 (28-ounce) can chopped tomatoes
- 1 cup chopped carrots
- 1 cup chopped celery
- ½ cup dry orzo pasta
- 6 cups vegetable broth
- 2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 2 teaspoons kosher salt
- 1 cup sliced zucchini
- 3 cups yellow corn kernels
- Grated Parmesan cheese, cracked black pepper, basil leaves, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, garlic and bell pepper; cook for 3 minutes. Stir in tomatoes, carrots, celery, orzo, broth, Italian seasoning, onion powder, salt, zucchini and corn. Select Cancel.

- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Ladle into bowls and garnish as desired.

Spinach and Chicken Egg Drop Soup

Easy; Family Favorite; Kid-Friendly

You can use leftover rotisserie chicken for this tasty soup and get two meals from one!

START TO FINISH 50 minutes
(30 minutes active)
SERVINGS 4

INGREDIENTS

- 2 teaspoons sesame oil
- 1 teaspoon chopped garlic
- 1 tablespoon soy sauce
- 1 teaspoon refrigerated ginger paste
- ½ cup yellow corn kernels
- 1 cup shredded rotisserie chicken
- 4 cups chicken broth
- ⅓ cup cornstarch
- 2 scallions, sliced
- 1 cup baby spinach
- 4 large eggs, beaten
- Scallions, sesame oil, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic; cook for 1 minute. Stir in soy sauce, ginger paste, corn, chicken and broth.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Meanwhile, in a small bowl, stir together ⅓ cup water and cornstarch.
- 5 Stir cornstarch mixture into soup until it thickens. Stir in spinach. Select Cancel.

- 6 Slowly drizzle eggs into soup while stirring constantly to form ribbons.
- 7 Ladle into bowls and garnish as desired.

Chicken Tomatillo Soup With Hominy

Easy; Guest-Worthy; Kid-Friendly

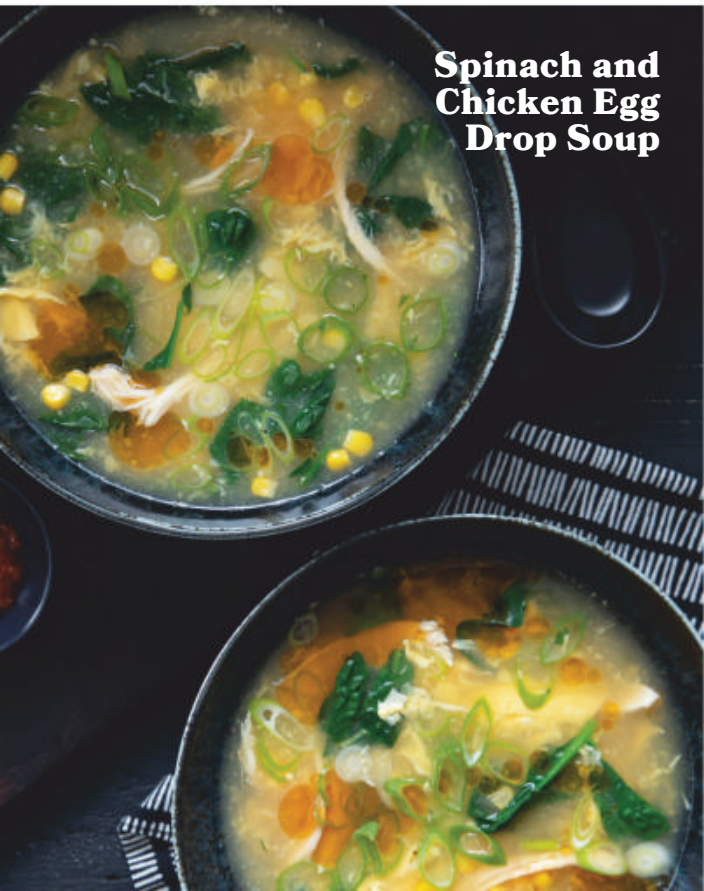
Canned tomatillos are a great time-saving substitute for fresh; they’ve already been husked and simmered.

START TO FINISH 25 minutes
(5 minutes active)
SERVINGS 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 (28-ounce) can tomatillos
- 1 teaspoon ground cumin
- 3 cups chopped, cooked chicken
- 1 (32-ounce) carton chicken broth
- 1 (16-ounce) jar salsa verde
- 1 (15-ounce) can yellow hominy, rinsed and drained
- 1 (15-ounce) can white hominy, rinsed and drained
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- Cilantro leaves, shredded pepper Jack cheese, chopped avocado, tortilla strips, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 5 minutes.
- 2 Stir in tomatillos, cumin, chicken, broth, salsa verde, yellow and white hominy, salt, black pepper and red pepper flakes. Select Cancel.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Ladle into bowls and garnish as desired.



Spinach and Chicken Egg Drop Soup

Matzo Ball Soup

*Classic; Family Favorite;
Kid-Friendly*

You can make matzo balls in advance, either from your own recipe or a boxed mix, and refrigerate or freeze them.

START TO FINISH 50 minutes
(10 minutes active)

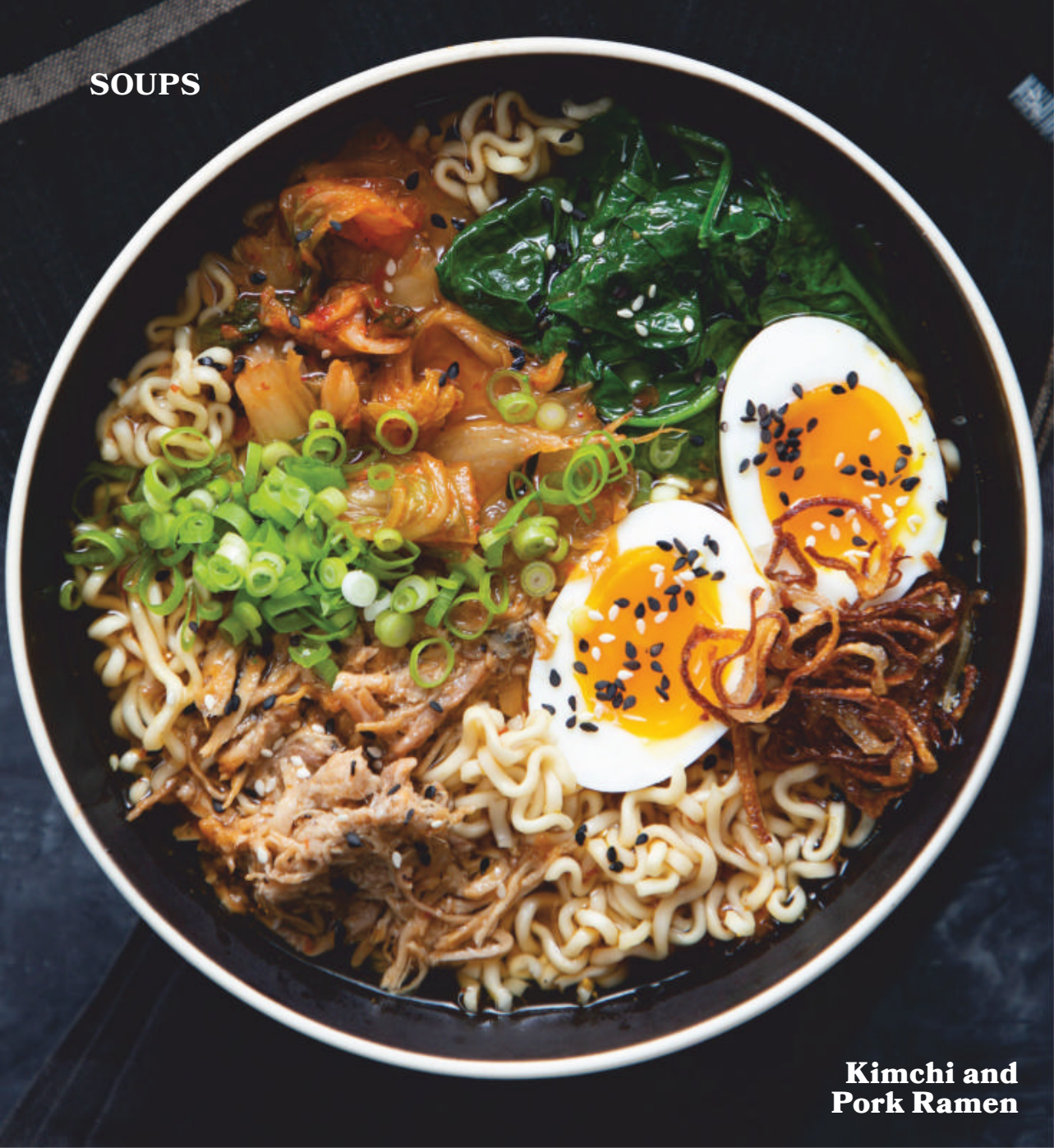
SERVINGS 4

INGREDIENTS

- 2 boneless skinless chicken breasts
- 1 large carrot, sliced
- 2 cloves garlic, sliced
- 2 shallots, sliced
- 2 celery stalks, sliced
- 16 premade matzo balls
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- Torn parsley leaves, cracked black pepper, edible flowers (snapdragons and marigold petals), for garnish

- 1** On an IP, select Sauté. Add 3 cups water, chicken, carrot, garlic, shallots and celery to the inner pot; cook for 3 minutes. Select Cancel.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.
- 4** Place chicken on a cutting board; using 2 forks, shred the chicken.
- 5** Add matzo balls to IP; stir for 1 minute. Add shredded chicken back to IP; stir in salt and pepper. Ladle into bowls and garnish as desired.





Kimchi and
Pork Ramen

Kimchi and
Pork Ramen

Classic; Easy; Family Favorite

Dashi powder adds a hit of umami to soup. You can find it in most Asian markets or online.

START TO FINISH 1 hour 25 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound pork shoulder
- 4 cups beef broth
- 1 teaspoon dashi powder
- ½ cup soy sauce
- 1 teaspoon ground black pepper
- 1 tablespoon chile garlic sauce
- ¼ cup unseasoned rice wine vinegar
- ½ cup brown sugar
- 3 tablespoons soy sauce
- 4 packages ramen noodles, cooked (discard seasoning packets)
- 1 cup baby spinach leaves

- 1 cup prepared kimchi
- 4 large soft-boiled eggs, halved
- 1 cup sliced scallions
- Black and white sesame seeds, fried shallots, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add pork shoulder; cook for 6 minutes, turning to brown on all sides.
- 2 Stir in broth, 2 cups water and dashi powder. Select Cancel.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 40 minutes.
- 4 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.
- 5 Remove pork from IP; break or cut into pieces. Set aside.
- 6 Stir in soy sauce, black pepper, chile garlic sauce and vinegar. Select Sauté; bring to a simmer for 5 minutes.

7 Divide ramen and spinach evenly between serving bowls; ladle broth over the top. Add kimchi, reserved pork, egg halves and scallions; garnish as desired.

Chicken Wonton
Soup With
Bok Choy

Easy; Guest-Worthy; Kid-Friendly

You can get bags of frozen wontons at supermarkets and big-box stores.

START TO FINISH 15 minutes
(5 minutes active)

SERVINGS 8

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon chopped garlic
- 8 cups chicken broth
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons kosher salt
- 1 cup chopped baby spinach
- ¼ teaspoon ground black pepper
- 4 baby bok choy, halved
- 1 (24-ounce) package frozen mini wontons
- 2 cups dry rice noodles
- Sliced scallions, chili oil, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 3 minutes. Stir in broth, soy sauce, rice vinegar, salt, spinach and pepper. Place the bok choy on top of mixture; do not stir. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Stir in wontons and noodles. Let soup sit for 5 minutes or until noodles are cooked through.
- 5 Ladle into bowls and garnish as desired.

Broccoli Rabe Potato Soup

Easy; Family Favorite; Guest-Worthy

Broccoli rabe's slightly bitter taste is complemented by the creamy base.

START TO FINISH 15 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

- 2 tablespoons butter
- 1 teaspoon chopped garlic
- 2 large Yukon gold potatoes, peeled and cubed
- 2 bunches broccoli rabe, chopped
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 (32-ounce) carton vegetable broth
- 1 cup half-and-half
- ¾ cup shredded cheddar cheese
- Cooked and chopped bacon, sliced scallions, sliced chives, for garnish

- 1** On an IP, select Sauté; add butter to the inner pot. When butter is hot, add garlic; cook for 1 minute. Stir in potatoes, broccoli rabe, salt, pepper and broth. Select Cancel.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in half-and-half and cheese until smooth.
- 4** Ladle into bowls and garnish as desired.

Corn and Zucchini Chowder

Easy; Family Favorite; Guest-Worthy

If it's in season, use fresh corn cut from the cob in this recipe; in the off-season, frozen works well.

START TO FINISH 35 minutes
(10 minutes active)

SERVINGS 4

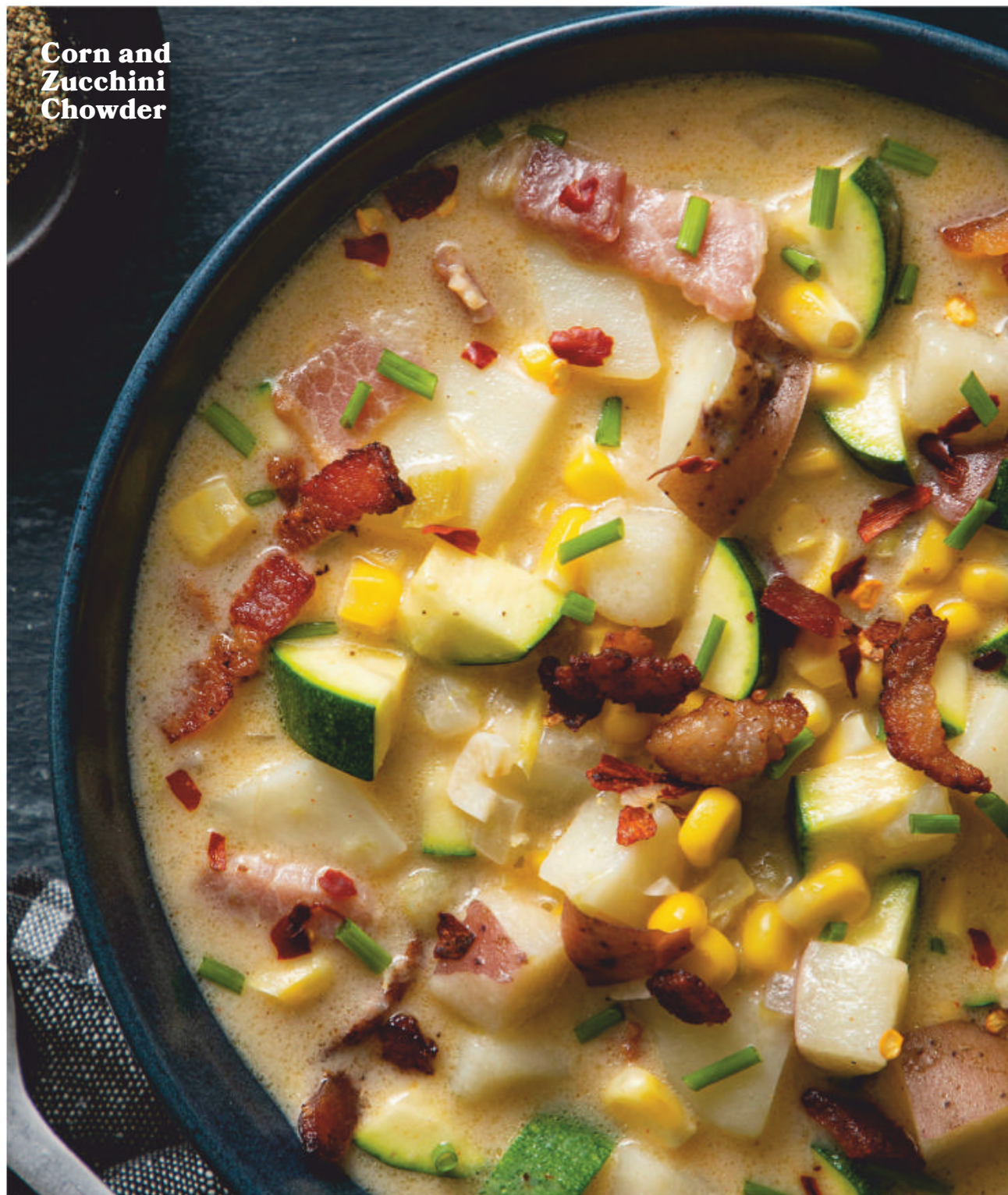
INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 2 medium zucchini, sliced
- 2 scallions, sliced
- 1 teaspoon chopped thyme
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ cup cooked bacon, divided
- 3 cups yellow corn kernels
- 1 bay leaf
- 2 fresh thyme sprigs
- 2½ cups vegetable broth
- 4 red potatoes, chopped
- 1 cup heavy cream
- 1 cup whole milk
- ¼ teaspoon ground cayenne pepper

Snipped chives, cooked and crumbled bacon, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 4 minutes. Stir in zucchini, scallions, thyme, salt, pepper, ¼ cup bacon, corn, bay leaf, thyme, broth and potatoes. Select Cancel.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4** Remove and discard bay leaf. Stir in cream, milk and cayenne until smooth.
- 5** Ladle into bowls and garnish as desired.

Corn and Zucchini Chowder



SOUPS

Broccoli Spinach Soup

Easy; Quick; Special Occasion

A dollop of creme fraiche and a sprinkling of pancetta takes this soup to the next level. To make it extra rich, add some grated Gruyere or cheddar cheese when you add the spinach.

START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 2

INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon chopped garlic
- ½ cup chopped onion
- 1 cup chopped broccoli florets
- 1 cup vegetable broth
- 1 cup chopped baby spinach

- ½ cup whole milk
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Creme fraiche, chopped and cooked pancetta, chopped broccoli, sliced chives, for garnish

- 1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add garlic and onion; cook for 2 minutes. Stir in broccoli and broth and cook 1 minute. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Stir in spinach, milk, salt and pepper.
- 5 Using an immersion blender, puree until smooth.

- 6 Ladle into bowls and garnish as desired.

Fish Stew

Classic; Easy; Family Favorite

This dish is inspired by moqueca, a traditional Brazilian fish stew. It can be made with any white fish. Serve it over steamed rice if you like.

START TO FINISH 55 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 red bell pepper, sliced
- 1 teaspoon chopped garlic
- 1 (14-ounce) can diced tomatoes, undrained
- 1½ cups seafood broth
- 1 cup coconut milk
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground cayenne pepper
- 1½ pounds fresh cod, cubed into 1-inch pieces
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped cilantro
- Cilantro leaves, lime wedges, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, bell pepper, garlic, tomatoes, broth, coconut milk, cumin, paprika, salt, black pepper and cayenne; cook for 2 minutes. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.
- 4 Select Sauté; bring mixture to a boil, stirring frequently.



Broccoli Spinach Soup

5 Stir in cod until cooked through, about 5 minutes. Select Cancel. Stir in lime juice and cilantro until combined.

6 Ladle into bowls and garnish as desired.

Thai Red Curry Sweet Potato Soup

Easy; Family Favorite; Guest-Worthy

The spiciness of the red curry paste is tempered by the sweet potatoes.

START TO FINISH 50 minutes
(20 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup sliced scallions
- 1 tablespoon chopped garlic
- 2 tablespoons grated ginger
- 1½ pounds sweet potatoes, cubed
- 3 medium Roma tomatoes, chopped
- ¼ cup red curry paste
- 1 cup red lentils, rinsed and drained
- 2 cups vegetable broth
- ½ teaspoon kosher salt
- 1 tablespoon tamari or soy sauce
- 1 (15-ounce) can coconut milk
- 1 tablespoon fresh lime juice
- ½ cup chopped cilantro
- Coconut milk, sliced scallions, sliced Fresno chile peppers, radish microgreens, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add scallions, garlic and ginger; cook for 2 minutes. Stir in sweet potatoes, tomatoes, curry paste, lentils, broth, salt and tamari. Select Cancel.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.

3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Stir in coconut milk, lime juice and cilantro.



Thai Red Curry Sweet Potato Soup

5 Using an immersion blender, blend until smooth.

6 Ladle into bowls and garnish as desired.

Warm Gazpacho

Classic; Easy; Guest-Worthy

Yes, this vegetable soup is just as good warm as chilled!

START TO FINISH 20 minutes
(10 minutes active)

SERVINGS 6

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 2 teaspoons chopped garlic
- 6 medium vine-ripe tomatoes, chopped
- 1 large cucumber, peeled and diced
- 1 stalk celery, diced

- 1 medium red bell pepper, diced
- 1 small jalapeño, diced
- 2 tablespoons balsamic vinegar
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Diced cucumber, diced red onion, diced red bell pepper, for garnish

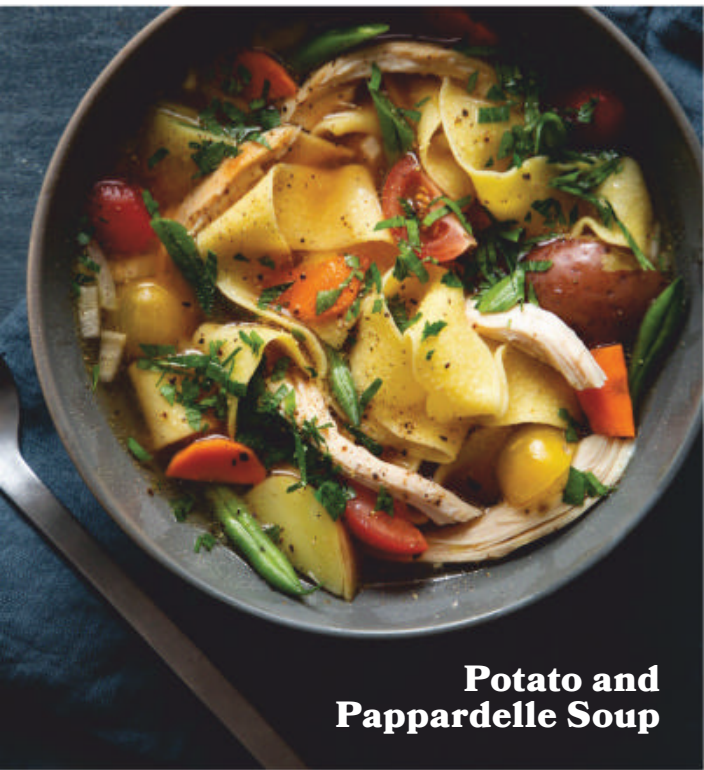
1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 2 minutes. Stir in tomatoes, cucumber, celery, bell pepper, jalapeño, vinegar, salt and pepper. Select Cancel.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Using an immersion blender, puree until smooth.

5 Ladle into bowls and garnish as desired.



Potato and Pappardelle Soup

Potato and Pappardelle Soup

Easy; Family Favorite; Kid-Friendly

Pappardelle is a ribbon-shaped pasta about 1 inch wide.

START TO FINISH 30 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 cup shredded rotisserie chicken
- 1 pound baby new potatoes
- 1 (32-ounce) carton chicken broth
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can diced tomatoes
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 bundles pappardelle, cooked
- 1 teaspoon kosher salt
- 2 teaspoons dried Italian seasoning
- Cracked black pepper, chopped parsley, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 4 minutes. Stir in chicken, potatoes, broth, tomato sauce, diced tomatoes, celery and carrots. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in pasta, salt and Italian seasoning.
- 4 Ladle into bowls and garnish as desired.

Creamy Chicken Corn Chowder

Easy; Family Favorite; Kid-Friendly

Coconut milk makes this hearty dairy-free chowder extra creamy.

START TO FINISH 50 minutes
(15 minutes active)

SERVINGS 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon chopped garlic
- 1/2 teaspoon ground turmeric
- 3 cups chopped peeled russet potato
- 3 cups chopped peeled sweet potato
- 3 cups yellow corn, divided
- 1 teaspoon kosher salt, divided
- 2 pounds boneless, skinless chicken breasts
- 1 (32-ounce) carton chicken broth
- 1 cup coconut milk
- 1 tablespoon lemon juice
- Chopped basil, sliced scallions, hot sauce, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 4 minutes. Stir in turmeric, potatoes, 1 cup corn, 3/4 teaspoon salt, chicken and broth. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Place chicken on a cutting board; using 2 forks, shred chicken and set aside.
- 5 Using an immersion blender, puree until smooth.

- 6 Stir in coconut milk, lemon juice, remaining 2 cups corn, remaining 1/4 teaspoon salt and chicken.
- 7 Ladle into bowls and garnish as desired.

Italian-Style Chicken and Fava Bean Soup

Classic; Easy; Family Favorite

Serve this soup with garlic bread to soak up any broth remaining in the bowl.

START TO FINISH 22 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 pound chicken breast, cubed
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped red bell pepper
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon tomato paste
- 1 (28-ounce) can chicken broth
- 1 (15-ounce) can crushed tomatoes
- 1 (14-ounce) can fava beans, drained and rinsed
- 1 tablespoon dried Italian seasoning
- Oregano leaves, grated
- Parmesan cheese, for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 3 minutes. Stir in chicken, carrots, celery, bell pepper, salt, pepper, tomato paste, broth, tomatoes, beans and Italian seasoning. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Ladle into bowls and garnish as desired.



quick tip

Do you prefer your Hot and Sour Soup to be a little hotter? Try adding a dash of white pepper during the first step.

Hot and Sour Soup

Easy; Family Favorite; Kid-Friendly

Serve some fried noodles alongside this warming soup.

START TO FINISH 10 minutes

(5 minutes active)

SERVINGS 4

INGREDIENTS

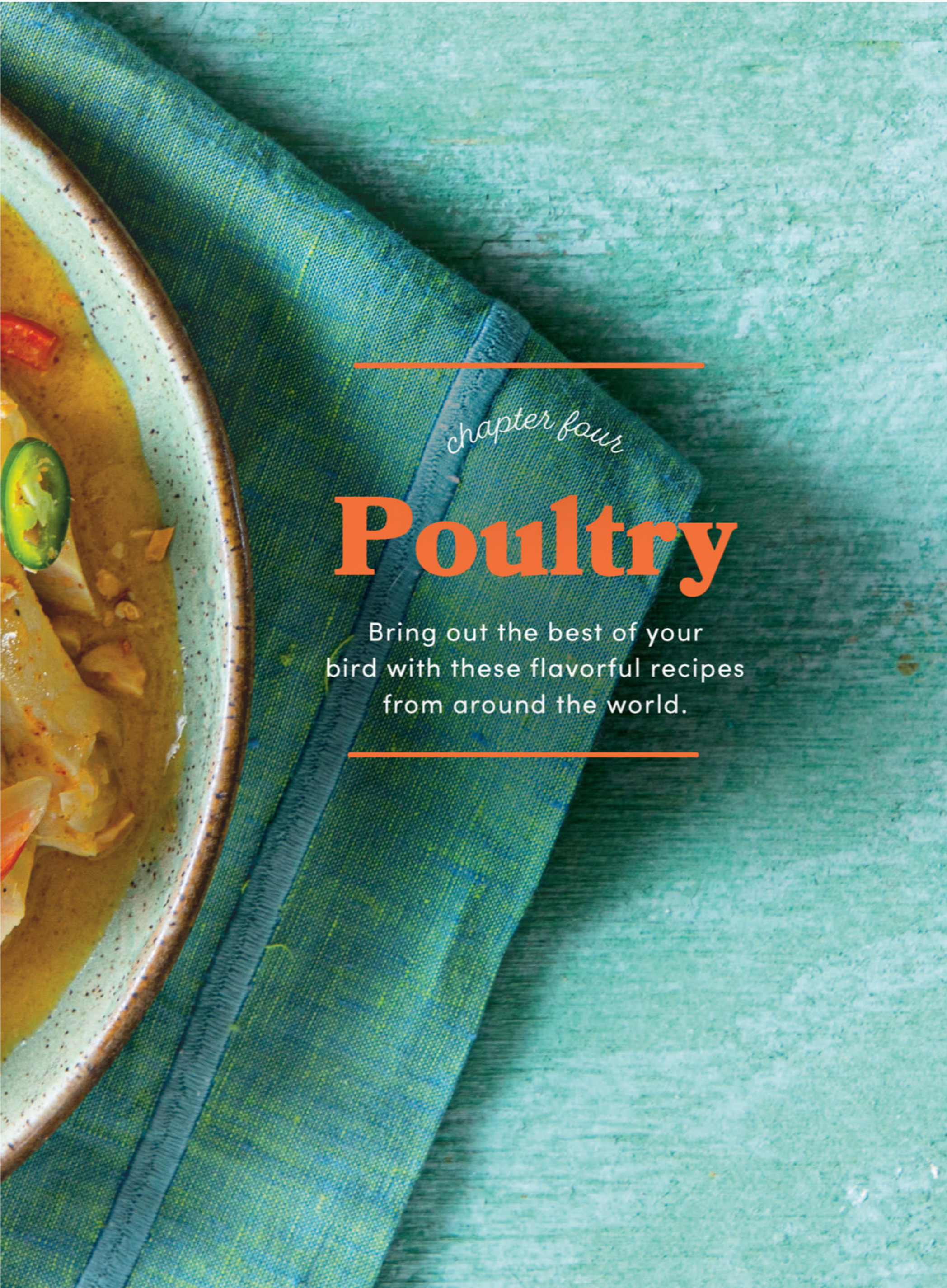
- 2 cups vegetable broth
- ¼ cup soy sauce
- ¼ cup rice vinegar
- 1 tablespoon grated ginger
- 1 teaspoon garlic chile paste
- 1 teaspoon ground black pepper
- 2 tablespoons cornstarch
- 2 cups chopped cabbage
- 1 cup sliced mushrooms
- 1 cup sliced onion
- 1 cup chopped carrots
- 1 teaspoon sesame oil
- 1 teaspoon kosher salt
- 2 large eggs, beaten
- Sesame seeds, cilantro leaves, sliced Thai red chiles, sliced scallions, for garnish

- 1** In the inner pot of an IP, stir together 2 cups water, broth, soy sauce, vinegar, ginger, garlic chile paste and pepper.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.
- 4** In a small bowl, stir together cornstarch and ¼ cup water; pour into IP. Stir in cabbage, mushrooms, onion, carrots, oil and salt.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes. When time is up, use natural release. Unlock lid. Slowly stir in eggs.
- 6** Ladle into bowls and garnish as desired.



quick tip

Want to tone down the spiciness of this dish? Use a jalapeño instead of a serrano pepper. It's two to five times less hot.

A close-up photograph of a bowl of yellow curry, likely Thai, featuring chunks of chicken, sliced jalapeños, and tomatoes. The bowl is speckled and sits on a blue and green patterned cloth. The background is a textured, light green surface.

chapter four

Poultry

Bring out the best of your
bird with these flavorful recipes
from around the world.

Lemongrass and Lime Chicken

Easy; Guest-Worthy; Quick

You can find lemongrass paste in most supermarkets or online. It keeps well in the refrigerator and can be used in many curries and other dishes.

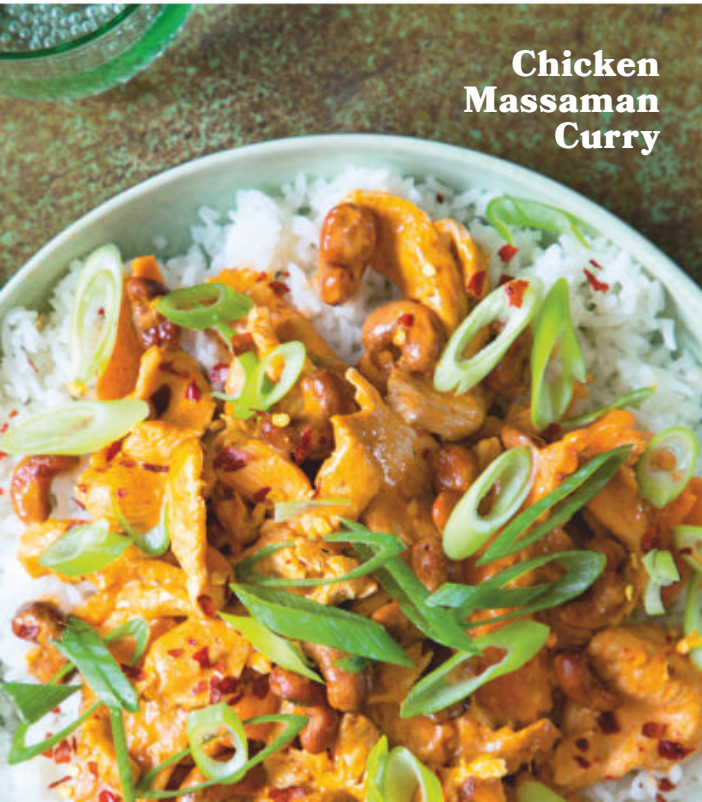
START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 6

INGREDIENTS

- 1 (14-ounce) can coconut milk
- 1 small yellow onion, quartered
- 2 teaspoons chopped garlic
- 1 teaspoon chopped ginger
- 1 tablespoon lemongrass paste
- 1 tablespoon red curry paste
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 pounds boneless, skinless chicken breasts
- 1 cup chopped red bell pepper
- 1 tablespoon sliced serrano pepper
- ¼ cup chopped cilantro
- 1 tablespoon lime juice
- Hot cooked rice, for serving
- Chopped peanuts, lime slices, cilantro leaves, for garnish

- 1 In a blender, to make coconut sauce, add coconut milk, onion, garlic, ginger, lemongrass paste, curry paste, salt and pepper. Blend until smooth.
- 2 In the inner pot of an IP, add coconut sauce, chicken, bell pepper and serrano pepper and stir to combine.



Chicken Massaman Curry

- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Select Sauté; cook for 5 minutes until thickened.
- 6 Place chicken on a cutting board and slice. Return chicken to IP with cilantro and lime juice and stir well.
- 7 Serve with rice and garnish as desired.

Chicken Massaman Curry

Easy; Guest-Worthy

Massaman curry is a traditional Thai dish that's less spicy than most curries.

START TO FINISH 30 minutes
(15 minutes active)

SERVINGS 8

INGREDIENTS

- 2 (14-ounce) cans coconut milk
- ¼ cup curry paste
- 1 teaspoon chopped garlic
- 1 teaspoon chopped ginger
- 1 tablespoon fish sauce
- 1 tablespoon lime juice
- 1 tablespoon creamy peanut butter
- 3 tablespoons brown sugar
- 1 tablespoon olive oil
- 1½ pounds boneless, skinless chicken breast, sliced very thin
- ¼ cup chopped onion
- 2 cups sliced carrots
- Cooked jasmine rice, for serving
- Red pepper flakes, sliced scallions, for garnish

- 1 In a blender, to make coconut sauce, add coconut milk, curry paste, garlic, ginger, fish sauce, lime juice, peanut butter and brown sugar. Blend until smooth. Set aside.
- 2 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add chicken, onion and carrots; cook for 4 minutes until softened. Stir in coconut sauce.

- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Serve with rice and garnish as desired.

Herby Olive Oil Chicken and Potatoes

Classic; Guest-Worthy; Kid-Friendly

The potatoes roast up nice and golden from the olive oil in this simple dish.

START TO FINISH 30 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons kosher salt, divided
- 3 tablespoons olive oil
- ¼ cup chopped parsley
- 4 thyme sprigs
- 1 cup chicken broth
- 1 pound baby potatoes
- Chopped parsley, thyme sprigs, for garnish

- 1 In a large bowl, add chicken, garlic powder, onion powder, salt, oil, parsley and thyme sprigs. Stir well to coat chicken.
- 2 Select Sauté on an IP; add chicken and sear for 1 minute per side. Remove chicken from IP and set aside on a plate.
- 3 Add broth and potatoes to IP. Place chicken over potatoes and pour in any accumulated juices. Select Cancel.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.
- 5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Remove and discard thyme sprigs; garnish mixture as desired to serve.



Chicken With Peaches, Plums and Basil

Easy; Family Favorite; Kid-Friendly

Basil complements the flavor of stone fruit in this simple recipe.

START TO FINISH 45 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, sliced
- 1 teaspoon chopped garlic
- 2 teaspoons kosher salt, divided
- 2 peaches, peeled, pitted and sliced
- 2 plums, pitted and quartered
- $\frac{1}{4}$ cup balsamic vinegar
- 1 cup chicken broth
- 2 pounds chicken breasts, thighs and wings
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup basil leaves, sliced
- Balsamic glaze, basil leaves, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 5 minutes, stirring occasionally.

2 Add 1 teaspoon salt, peaches, plums, balsamic vinegar and broth. Sprinkle chicken with remaining 1 teaspoon salt and pepper, then add to IP.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Sprinkle with basil; garnish as desired and serve.



Chicken Spaghetti

Chicken and Udon Noodles

Easy; Kid-Friendly; Quick

Try this dish cold, after the thick udon noodles have had time to absorb the cooking broth.

START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 2

INGREDIENTS

- 2 tablespoons olive oil
- 2 teaspoons chopped garlic
- 1 teaspoon chopped ginger
- 2 scallions, sliced
- 2 red chiles, sliced
- 1 cup baby portobello mushrooms, sliced
- 1 green bell pepper, sliced
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1½ cups chicken broth
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

- 8 ounces Japanese udon noodles
- 2 cooked chicken breasts, sliced and warmed
- Scallions, toasted sesame seeds, chili garlic sauce, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic, ginger, scallion, chiles, mushrooms and bell pepper; cook for 3 minutes until softened.
- 2** Add rice wine vinegar, soy sauce, broth, salt and pepper. Select Cancel.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** Meanwhile, cook udon noodles according to package directions; drain and keep warm.
- 5** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Divide noodles between serving bowls. Add broth, top with chicken and garnish as desired to serve.

Barbecue Chicken Legs

Easy; Family Favorite; Kid-Friendly

Use your favorite barbecue sauce on these chicken legs. A slightly sweet sauce, like one made with honey, really complements the smoked paprika flavor.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

- 2 teaspoons chile powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 12 chicken legs
- 1 cup barbecue sauce

- 1** In a large bowl, stir together chile powder, garlic powder, paprika, red pepper flakes, salt and pepper. Add chicken legs; using tongs, toss to coat.
- 2** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place chicken legs on trivet, stacking as needed to fit.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** In a large bowl, add chicken and barbecue sauce; using tongs, toss to coat before serving.

Chicken Spaghetti

Classic; Easy; Family Favorite

Three cheeses make this dish extra rich and creamy.

START TO FINISH 25 minutes
(4 minutes active)

SERVINGS 4

INGREDIENTS

- 1 teaspoon olive oil
- 1 cup chopped onion
- 1 (10-ounce) can tomatoes with green chiles
- 1½ cups chicken broth
- 1 teaspoon garlic salt
- 1 tablespoon paprika
- 2 boneless, skinless chicken breasts
- 8 ounces dry spaghetti
- 1 (16-ounce) box Velveeta, cubed
- ¼ cup cream cheese
- 2 cups shredded cheddar cheese
- 2 tablespoons ranch seasoning
- Torn parsley leaves, grated
- Parmesan cheese, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion; cook for 2 minutes until softened.

2 Add tomatoes, broth, garlic salt and paprika. Top with chicken.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.

5 Place chicken on a cutting board; using 2 forks, shred chicken and set aside.

6 Add spaghetti to IP. Add Velveeta, cream cheese, cheddar and ranch seasoning and stir well. Lock lid; select Steam for 2 minutes.

7 Set pressure-release valve to Venting to release pressure. Unlock lid.

8 Stir in chicken. Garnish as desired to serve.

Cola Chicken

Classic; Easy; Guest-Worthy

This dish has several origin stories; it may come from Hong Kong, where a chef was said to have accidentally tipped a can of soda into a sauce, or from the American South. Either way, the soda caramelizes on the chicken for a rich flavor.

START TO FINISH 28 minutes

(15 minutes active)

SERVINGS 6

INGREDIENTS

- 1 tablespoon butter
- 1 cup chopped onion
- 2 tablespoons chopped garlic
- 3 pounds boneless, skinless chicken breasts
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 cups cola
- 1 cup tomato paste
- 3 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ground cumin
- 1 teaspoon Cajun seasoning
- ½ teaspoon paprika
- ¼ cup chopped cilantro

1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add onion and garlic; cook for 2 minutes until softened.

2 Add chicken and sprinkle with salt and pepper. Stir in cola, tomato paste, mustard, Worcestershire sauce, cumin, Cajun seasoning and paprika.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

4 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Stir in cilantro and serve.



Chicken Tikka Naan

Easy; Family Favorite

Yogurt cools the spice in this Indian-inspired dish. We served it over naan (warm it in an oven first).

START TO FINISH 1 hour 45 minutes
(10 minutes active)
SERVINGS 4

INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cubed
- 1 cup plain yogurt
- 3 tablespoons garam masala, divided
- 1 tablespoon lemon juice
- 1 teaspoon cayenne pepper
- 1 (15-ounce) can tomato sauce
- 1 teaspoon chopped garlic
- 1 teaspoon paprika
- ½ teaspoon ground turmeric
- ½ teaspoon kosher salt
- 1 cup heavy cream
- Naan, for serving
- Yogurt, sliced cucumber, sliced red onion, parsley leaves, cilantro sprigs, quartered Roma tomato, for toppings

- 1 In a large bowl, combine chicken, yogurt, 1 tablespoon garam masala, lemon juice and cayenne. Cover and let marinate in refrigerator for 1 hour.
- 2 On an IP, select Sauté; add chicken and marinade to the inner pot. Cook for 5 minutes, stirring occasionally.
- 3 Stir in tomato sauce, garlic, remaining 2 tablespoons garam masala, paprika, turmeric and salt.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.
- 6 Select Sauté. Pour in cream and simmer until sauce has thickened.
- 7 Serve chicken over naan with desired toppings.

Harissa Chicken

Easy; Family Favorite; Guest-Worthy

Canned chipotle peppers in adobo sauce add smoky heat to this dish.

START TO FINISH 40 minutes
(10 minutes active)
SERVINGS 4

INGREDIENTS

- 1 (12-ounce) jar roasted red peppers, drained
- 2 chipotle peppers in adobo sauce
- 2 teaspoons adobo sauce
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon caraway seeds
- 2 teaspoons chopped garlic
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 3 tablespoons olive oil, divided
- ½ cup chopped onion
- 2 pounds boneless, skinless chicken thighs
- 3 tablespoons chopped cilantro

- 1 To make sauce, in a food processor or blender, add red peppers, chipotles, adobo sauce, lemon juice, vinegar, cumin, coriander, caraway seeds, garlic, salt and pepper. Blend on low speed; while motor is running, slowly pour in 2 tablespoons oil and blend until smooth.
- 2 On an IP, select Sauté; add remaining 1 tablespoon oil to the inner pot. When oil is hot, add onion; cook for 2 minutes until softened.
- 3 Add the chicken and top with sauce. Select Cancel.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 7 minutes.
- 5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Place chicken on a cutting board; using 2 forks, shred chicken and return to IP. Toss to coat, then top with cilantro and serve.

Creamy Curry Chicken Salad

Easy; Kid-Friendly; Special Occasion

Try this on crusty ciabatta rolls for a picnic lunch.

START TO FINISH 40 minutes
(20 minutes active)
SERVINGS 4

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 1½ teaspoons kosher salt, divided
- ¾ teaspoon ground black pepper, divided
- 1 teaspoon garlic powder
- 1 tablespoon curry powder, divided
- 1 cup sliced celery
- 2 scallions, sliced
- ⅓ cup raisins
- ⅓ cup mayonnaise
- ¼ cup sour cream
- 1 teaspoon chopped garlic
- 3 cups lettuce
- Fried shallots, chopped parsley, chopped cilantro, for garnish

- 1 Season chicken breasts on both sides with 1 teaspoon salt, ½ teaspoon pepper, garlic powder and 1 teaspoon curry powder.
- 2 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place chicken on trivet.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Place chicken on a cutting board; using 2 forks, shred chicken. Let cool slightly.
- 6 In a large bowl, stir together celery, scallion, raisins, mayonnaise, sour cream, garlic and remaining ½ teaspoon salt, ¼ teaspoon pepper and 2 teaspoons curry powder.
- 7 Add chicken and mix until well coated. Serve over lettuce; garnish as desired.



quick tip

Don't let leftover slices of naan go to waste. This Indian flatbread is quite versatile. Try it with tacos, pizzas and panini.



**Chicken
Tikka Naan**





**Lemon
and Thyme
Chicken
Breasts**

Lemon and Thyme Chicken Breasts

Easy; Family Favorite; Kid-Friendly

Lemon and thyme are classic chicken seasonings, and for good reason! Thyme's delicate aroma partners perfectly with the chicken in this simple, comforting dish.

START TO FINISH 35 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 4 boneless, skinless chicken breasts
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons chopped parsley
- 1 tablespoon thyme leaves

- 1 cup chicken broth
- 3 tablespoons lemon juice
- ¼ cup grated Parmesan cheese
- 1 lemon, sliced
- Thyme sprigs, lemon slices, parsley, cracked black pepper, for garnish

1 On an IP, select Sauté; add oil and butter to the inner pot. When oil and butter are hot, add onion and garlic; cook for 3 minutes until softened.

2 Add chicken, salt and pepper to IP. Sear chicken on both sides. Stir in parsley, thyme, broth, lemon juice, Parmesan and lemon slices. Select Cancel.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Garnish as desired to serve.

Turmeric Chicken

Easy; Family Favorite; Kid-Friendly

Good-for-you turmeric adds powerful antioxidants and gorgeous golden color to these chicken thighs.

START TO FINISH 35 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1 teaspoon chopped garlic
- 4 bone-in, skin-on chicken thighs
- 1 tablespoon yellow curry paste
- 1 tablespoon lime juice
- 1 (14-ounce) can coconut milk
- 2 teaspoons ground turmeric
- 1 tablespoon fish sauce
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons soy sauce
- Hot cooked rice, for serving
- Cilantro, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, bell pepper and garlic; cook for 2 minutes until softened.

2 Add chicken thighs, curry paste, lime juice, coconut milk, turmeric, fish sauce, salt, pepper and soy sauce. Select Cancel.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Serve over rice; garnish as desired.

Moo Goo Gai Pan

Classic; Easy; Family Favorite

In Cantonese, this dish's name means "chicken and mushrooms," although it includes plenty of other vegetables, too.

START TO FINISH 10 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 cup sliced button mushrooms
- 1 cup sliced carrots
- 1 cup snow peas
- 1 teaspoon chopped garlic
- 2 cups broccoli florets
- 1 (8-ounce) can sliced water chestnuts
- 1 pound chicken breasts, cut into thin strips
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- ¼ cup chicken broth
- 1 tablespoon rice wine
- Hot cooked rice, for serving

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add mushrooms, carrots, snow peas, garlic, broccoli and water chestnuts; cook for 4 minutes until softened. Remove vegetables from pot and set aside.
- 2 Add chicken strips, cornstarch, sugar, soy sauce, oyster sauce, broth and rice wine to IP. Select Cancel.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Stir vegetables back into IP and serve mixture over rice.

Spinach Artichoke Chicken

Easy; Guest-Worthy; Kid-Friendly

Cut a few artichoke hearts in half vertically rather than chopping them for a more dramatic presentation.

START TO FINISH 50 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 cup whole milk
- 1 teaspoon chopped garlic
- 1½ teaspoons kosher salt, divided

- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 (5-ounce) bag baby spinach
- 1 (14-ounce) can artichoke hearts, drained, rinsed, and chopped
- 1 (8-ounce) can sliced water chestnuts, drained and rinsed
- 1½ pounds boneless, skinless chicken breasts
- 3 tablespoons mayonnaise
- ½ teaspoon ground black pepper
- Parsley leaves, lemon slices, for garnish

- 1 In a blender, add milk, garlic, ½ teaspoon salt, lemon juice and mustard. Blend on high until smooth.

- 2 Pour mixture into inner pot of IP. Stir in spinach, artichoke hearts, water chestnuts and chicken until well combined.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Place chicken on a cutting board; using 2 forks, shred chicken.
- 6 Stir mayonnaise, remaining 1 teaspoon salt and pepper into IP. Add shredded chicken and stir. Garnish as desired to serve.





quick tip

Cardamom pods lend more flavor than ground cardamom to your dish. The essential oils in the seeds lose their flavor soon after being ground.



**Chicken
Biryani**

Chicken Biryani

Classic; Family Favorite; Guest-Worthy

The rice cooks right in the sauce of this chicken dish, sweetly fragrant from cinnamon and cardamom.

START TO FINISH 32 minutes
(7 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 cup sliced onion
- 1 teaspoon garlic, thinly sliced
- 1 cup chopped green bell pepper
- 4 chicken breasts, cubed
- 1 cup halved cherry tomatoes
- 1 cup basmati rice
- 1 teaspoon ground turmeric
- 1 tablespoon curry powder
- 4 cardamom pods
- 1 cinnamon stick
- 2 tablespoon raisins
- 3 bay leaves
- 3 cups chicken stock
- Sliced red onion, mint leaves, yogurt, for garnish

1 On an IP, select Sauté; add butter and oil to the inner pot. When butter and oil are hot, add onion, garlic and bell pepper; cook for 2 minutes until softened. Add chicken cubes and brown for 2 minutes.

2 Add tomatoes, rice, turmeric, curry powder, cardamom pods, cinnamon stick, raisins and bay leaves. Stir in chicken stock. Select Cancel.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Remove and discard cardamom pods and cinnamon stick. Garnish as desired to serve.

Chicken Vindaloo

Classic; Easy; Family Favorite

Vindaloo, an Indian curry dish originally from Goa, is among the spiciest curries, so if you don't like the heat, you can omit (or cut down on) the cayenne pepper.

START TO FINISH 15 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon garam masala
- 1 cup chopped tomatoes
- 1 teaspoon smoked paprika
- 1 teaspoon powdered ginger
- 2 teaspoons cayenne pepper, optional
- ½ teaspoon ground coriander
- 1 pound boneless, skinless chicken thighs
- ½ teaspoon ground turmeric
- Hot cooked rice, for serving
- Cilantro sprigs, sliced serrano peppers, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, garlic, salt, pepper and garam masala; cook for 3 minutes until softened.

2 Add tomatoes, paprika, ginger, cayenne (if using) and coriander. Stir in chicken, ½ cup water and turmeric. Select Cancel.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Serve over rice and garnish as desired.

Chicken Paprikash

Classic; Easy; Family Favorite

In this popular dish of Hungarian origin, the sweet and mildly spicy paprika is perfectly balanced by the cream.

START TO FINISH 15 minutes
(4 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 2 boneless, skinless chicken thighs, sliced in half
- 1 tablespoon kosher salt
- 1 tablespoon ground black pepper
- 2 tablespoons paprika
- 4 bay leaves
- 1½ cups chicken stock
- 1 cup heavy cream
- 2 tablespoons sour cream
- 5 tablespoons cornstarch
- 1 tablespoon lemon juice
- Chopped parsley, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 2 minutes until softened.

2 Add chicken; sprinkle with salt, pepper and paprika. Cook chicken for 2 minutes on each side to brown. Add bay leaves and stock. Select Cancel.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Remove and discard bay leaves.

5 Stir in cream, sour cream, cornstarch and lemon juice until well combined. Garnish as desired to serve.



quick tip

There are two different cuts of brisket: flat cut and point cut. The former is leaner and more expensive, whereas the point cut has more fat—which means more flavor.





chapter five

Meats

Beef, pork, veal, lamb—they all cook to mouthwatering perfection in the Instant Pot.



Pork Tamales With Salsa Verde

Classic; Kid-Friendly; Special Occasion

It's easier than you might think to fold the corn husks to make tamales. Just be sure to soak them first to make them more pliable.

START TO FINISH 2 hours 20 minutes
(2 hours active)

SERVINGS 8

INGREDIENTS

- 1 (8-ounce) package corn husks
- 3½ cups masa harina
- 10 ounces lard
- 1½ teaspoons baking powder
- 2 teaspoons kosher salt
- 1½ cups chicken stock
- 3 cups cooked, ground pork
- 1 cup tomatillo salsa
- 2 tablespoons sliced scallions
- 1 tablespoon chopped cilantro
- 1 tablespoon lime juice
- 1 tablespoon sliced jalapeño
- Sour cream, for serving

1 In a large bowl, add husks and cover with hot water. Let soak for 30 minutes.

2 Meanwhile, in a large bowl of a stand mixer, combine 3½ cups warm water, masa, lard, baking powder, salt and chicken stock. Mix for 5 minutes. Set dough aside.

3 Pat husks dry. In center of each husk, spread ¼ cup of dough in a 4-inch square about ½ inch thick at center.

4 Place 2 tablespoons of cooked pork in the center of masa on each husk. Fold sides of husk, filling to form a tube. Fold up tube ends toward center. (If you have any extra husks, you can cut them into strips and use them to tie the tamales in the center.)

5 In the inner pot of an IP, add 1½ cups water. Place trivet inside IP. Place tamales on trivet.

6 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.

7 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

8 Remove tamales from IP and place on plate; let sit 30 minutes.

9 Meanwhile, to make salsa verde, in a small bowl, combine tomatillo salsa, scallions, cilantro, lime juice and jalapeño.

10 Serve tamales with salsa verde and sour cream on the side.

Veal Saltimbocca

Classic; Easy; Family Favorite

Use a meat mallet to pound the veal cutlets to an even thickness.

START TO FINISH 55 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 4 veal cutlets
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons chopped fresh sage
- 4 slices prosciutto
- ¼ cup all-purpose flour
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 shallot, diced
- 1 teaspoon minced garlic
- 1 cup chicken broth
- ¼ cup lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon cornstarch
- 4 slices mozzarella
- Sage leaves, for garnish

1 Place cutlets on a cutting board. Season with salt, pepper and sage. Place a slice of prosciutto on each cutlet; fold in half to enclose prosciutto. In a shallow bowl, add flour. Dredge cutlets in flour.

2 On an IP, select Sauté; add butter and oil to the inner pot. When butter and oil are hot, add shallot and garlic; cook for 1 minute until softened. Remove from IP and set aside.

3 Add veal to IP; sear until golden brown, 3 to 4 minutes on each side. Remove and set aside.

4 Add broth to IP; using a wooden spoon, scrape browned bits off bottom of IP to deglaze. Stir in lemon juice and

lemon zest. Select Cancel. Add shallot mixture and veal back to IP.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

6 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel. Remove veal to a serving plate and cover with foil to keep warm.

7 In a small bowl, whisk together cornstarch with 2 tablespoons water. Select Sauté. Stir in cornstarch mixture; cook until sauce has thickened, about 5 minutes.

8 Pour sauce over cutlets and top with cheese. Garnish as desired to serve.

Shredded Chuck Roast

Easy; Family Favorite; Kid-Friendly

Toast the rolls right before serving.

START TO FINISH 1 hour 2 minutes
(2 minutes active)

SERVINGS 8

INGREDIENTS

- 3 pounds beef chuck roast
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons olive oil
- 2½ cups beef broth
- Rolls, for serving

1 Cut the roast into 4 equal pieces and season all sides with salt and pepper.

2 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add meat; cook for 5 to 6 minutes until browned on all sides. Add broth.

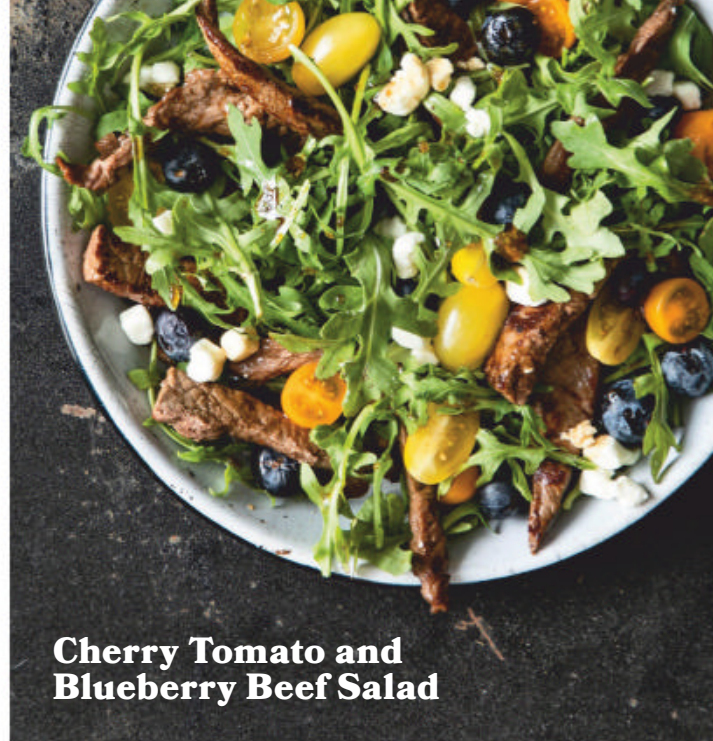
3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 50 minutes.

4 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Place meat on a cutting board; using 2 forks, shred meat. Serve shredded beef and juices on rolls.



**Pork Tamales
With Salsa Verde**



**Cherry Tomato and
Blueberry Beef Salad**

Cherry Tomato and Blueberry Beef Salad

Easy; Family Favorite; Guest-Worthy

It may sound like an unusual combo, but this colorful mixture of sweet, savory and tart ingredients is a winner!

START TO FINISH 1 hour 50 minutes
(1 hour 15 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon chopped garlic
- 1 pound beef sirloin strips
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ cup beef broth
- 4 cups arugula
- 1 cup blueberries
- 1 cup multicolored cherry tomatoes
- ½ cup crumbled goat cheese
- Balsamic vinaigrette, for serving

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic, beef, salt and pepper; cook for 1 minute. Add broth.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Meanwhile, in a large bowl, toss arugula, blueberries, tomatoes and goat cheese. Top with cooled beef and drizzle with vinaigrette to serve.



Mango Beef Bowls

Szechuan Beef

Classic; Easy; Quick

Tired of takeout? This restaurant favorite can be on the table in less than a half hour.

START TO FINISH 24 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons sesame oil
- 1 cup chopped cabbage
- 1 cup chopped onion
- 1 cup quartered mushrooms
- 1 cup baby corn
- 1 cup broccoli florets
- 1 pound sliced beef sirloin steak
- 1 teaspoon grated ginger
- 2 tablespoons soy sauce
- 1 tablespoon red pepper flakes
- 1 tablespoon sugar
- 2 teaspoons chopped garlic
- 1 cup beef broth

Hot cooked rice, for serving
Red pepper flakes, whole red
peppers, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add cabbage and onion; cook for 2 minutes until softened. Stir in mushrooms, corn and broccoli; cook for 1 minute.
- 2** Add beef, ginger, soy sauce, red pepper flakes, sugar and garlic. Stir and cook for another 2 minutes until meat browns on both sides. Stir in broth.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Serve beef mixture over rice and garnish as desired.

Kalua Pork Tacos

Classic; Family Favorite; Guest-Worthy

It's usually slow-cooked, but the Instant Pot cuts hours off the prep time for this Hawaiian favorite shredded pork that makes a flavorful taco filling.

START TO FINISH 1 hour 10 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 2 pounds pork shoulder,
cut into 3 pieces
- 1 tablespoon sea salt
- 3 strips bacon
- 3 banana leaves
- Corn tortillas, grilled pineapple,
slaw, barbecue sauce, for serving

- 1** Rub all surfaces of pork with salt.
- 2** On an IP, select Sauté; add bacon to the inner pot and cook for 2 minutes. Remove bacon. Select Cancel.
- 3** Place each bacon strip in center of a banana leaf; top with a pork slice, making 3 wraps.
- 4** Place a trivet in IP. Pour in 1 cup water. Place wraps on trivet.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 60 minutes.
- 6** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 7** Carefully remove wraps and let cool for about 15 minutes. Place pork on a cutting board; using 2 forks, shred meat.
- 8** Serve on tortillas and top with pineapple, slaw and barbecue sauce.

Mango Beef Bowls

Easy; Family Favorite; Kid-Friendly

Slice the beef thin on the bias for the most tender results.

START TO FINISH 20 minutes
(10 minutes active)

SERVINGS 6



Szechuan Beef

INGREDIENTS

- 1 tablespoon vegetable oil
- 5 garlic cloves, sliced
- 1 tablespoon julienned ginger
- 1 pound sliced beef sirloin strips
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- ¼ cup beef broth
- 1 tablespoon soy sauce
- 2 tablespoons lime juice
- 1 small red onion, sliced
- 1 cucumber, sliced
- 1 mango, chopped
- Hot cooked rice, for serving
- Basil leaves, lime wedges,
pea greens, shredded cabbage,
black sesame seeds, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic and ginger; cook for 2 minutes until softened.
- 2** Stir in beef strips, salt and pepper. Cook for 2 minutes. Stir in broth, soy sauce and lime juice.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Divide rice among serving bowls; top with beef mixture, red onion, cucumber and mango. Garnish as desired to serve.



Kalua Pork Tacos



Pesto
Parmesan
Pork Chops

Ropa Vieja

Classic; Easy; Family Favorite

The name of this dish means “old clothes” in Spanish, a reference to the meat’s fall-apart tenderness.

START TO FINISH 1 hour 45 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 cup chopped onion
- 1 tablespoon chopped garlic
- 1 tablespoon dried oregano

- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 2 teaspoons kosher salt
- ½ teaspoon ground black pepper
- 1 (14.5-ounce) can diced tomatoes, undrained
- ½ cup beef broth
- 1 pound chuck roast
- Hot cooked rice, for serving

1 On an IP, select Sauté; add onion, garlic, oregano, cumin, paprika, salt, pepper, tomatoes and broth. Cook for 2 minutes. Add chuck roast. Select Cancel.

- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 90 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Place meat on a cutting board; using 2 forks, shred meat. Stir back into IP. Serve over hot cooked rice.

Italian Meatball
Caprese
Sandwiches

Classic; Easy; Kid-Friendly

Adding sausage to the ground beef makes these meatballs extra tasty.

START TO FINISH 45 minutes
(25 minutes active)

SERVINGS 8

INGREDIENTS

- 1 pound lean ground beef
- ½ pound ground Italian sausage
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 teaspoons chopped parsley
- ¼ cup dry Italian breadcrumbs
- 2 teaspoons chopped garlic, divided
- 1 cup chopped onion, divided
- 2 tablespoons olive oil
- 1 (14.5-ounce) can crushed tomatoes
- 2 tablespoons tomato paste
- 8 hero rolls
- 1 (16-ounce) package sliced fresh mozzarella
- 2 large tomatoes, cut in half and sliced thinly
- 1 cup basil leaves

- 1 In a large bowl, combine beef, sausage, salt, pepper, parsley, breadcrumbs, 1 teaspoon garlic, ½ cup onion and ¼ cup water.
- 2 Using wet hands, roll mixture into 16 small meatballs; set aside on a plate.
- 3 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add remaining ½ cup onion; cook for 2 minutes until softened. Stir in remaining 1 teaspoon garlic and ¼ cup water. Select Cancel.

4 Place meatballs over mixture. Add crushed tomatoes and tomato paste; spread over meatballs.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

6 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

7 Place 2 meatballs on each roll; top with tomato sauce, 2 slices mozzarella, tomato slices and basil leaves. Close rolls and serve immediately.

Indian-Style Lamb Shanks With Onions

Easy; Family Favorite; Special Occasion

Try this with basmati rice to soak up the savory sauce.

START TO FINISH 1 hour 25 minutes
(20 minutes active)

SERVINGS 4

INGREDIENTS

- 4 lamb shanks
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 large onion, sliced
- 8 garlic cloves, sliced
- 2 teaspoons ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- 1 cup chicken stock
- 2 tomatoes, quartered

1 Sprinkle the lamb shanks evenly with salt and pepper.

2 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add lamb shanks; cook for 10 minutes until brown on all sides. Remove from pot; set aside.

3 Stir in onion, garlic, cumin, cinnamon, turmeric and coriander. Add stock to IP; using a wooden spoon, scrape browned bits off bottom of IP to deglaze.

4 Place shanks back in IP and partially submerge them in liquid. Place tomatoes on top. Select Cancel.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 35 minutes.

6 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

7 Place shanks on a serving platter. Select Sauté. Bring sauce back to a boil to thicken.

8 Pour sauce over shanks and serve.

Cajun Sausage and Rice

Classic; Easy; Family Favorite

For a less spicy dish, use Creole seasoning, which has more herbs, rather than Cajun, which has more peppers.

START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- 1 cup chopped celery
- 1 cup chopped onion
- 1 (12-ounce) package Cajun-style andouille sausage, sliced
- 1 teaspoon chopped garlic
- 1 tablespoon Cajun seasoning
- 1 teaspoon dried oregano
- 1 tablespoon Worcestershire sauce
- 1½ cups chicken broth
- 1½ cups long-grain white rice
- Sliced scallions, chopped
- parsley, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add bell peppers, celery, onion, sausage and garlic; cook for 5 minutes. Stir in Cajun seasoning, oregano and Worcestershire sauce.

2 Add broth to IP; select Cancel. Using a wooden spoon, scrape

browned bits off bottom of IP to deglaze. Add rice and stir to combine.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

4 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Fluff the rice, garnish as desired and serve immediately.

Pesto Parmesan Pork Chops

Easy; Kid-Friendly; Quick

Melty Parmesan forms a delicious coating for these chops.

START TO FINISH 19 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 pound boneless pork chops
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons olive oil
- ½ cup pesto
- ½ cup grated Parmesan cheese
- Grilled asparagus, for serving
- Basil leaves, shaved Parmesan cheese, for garnish

1 Sprinkle pork chops with salt and pepper.

2 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add pork; cook for 2 to 3 minutes until browned on all sides.

3 Pour 1 cup water and pesto into IP.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel.

6 Select Sauté; add cheese and cook for 2 minutes until cheese melts.

7 Serve with asparagus; garnish as desired and serve.

Pork Belly

*Classic; Guest-Worthy;
Special Occasion*

Dark soy sauce is thicker and slightly sweeter than regular soy sauce.

START TO FINISH 1 hour 20 minutes
(15 minutes active)

SERVINGS 6

INGREDIENTS

- 2 shallots, chopped
- 1 teaspoon chopped garlic
- 2 tablespoons fish sauce
- 1 teaspoon dark soy sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ⅓ cup granulated sugar
- 2 pounds lean pork belly,
cut into 1-inch squares
- Sliced scallions, for garnish

1 In a large bowl, stir together shallots, garlic, fish sauce, soy sauce, salt and pepper. Add pork and toss to coat. Let marinate 10 minutes.

2 On an IP, select Sauté; add sugar to the inner pot. Cook for 5 minutes or until golden brown and caramelized. Add pork and cook 5 more minutes, stirring occasionally. Select Cancel; add 2 cups water.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 35 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Garnish as desired to serve.

Picadillo

Classic; Easy; Quick

Popular in Latin America and the Philippines, picadillo is delicious on its own, served over rice or as a filling for tacos and empanadas.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 pound lean ground beef
- 1 teaspoon kosher salt
- 1 cup chopped tomato
- 1 cup chopped red bell pepper
- 2 tablespoons chopped cilantro
- 1 cup tomato sauce
- 1 teaspoon cumin
- 2 bay leaves
- Cilantro sprigs, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 2 minutes until softened.

2 Stir in ground beef and salt and cook for 1 minute. Stir in tomato, bell pepper and cilantro and cook for 3 minutes.

3 Stir in tomato sauce, cumin, bay leaves and 1 cup water.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

6 Garnish as desired to serve.

Pozole

Classic; Easy; Guest-Worthy

This hearty traditional Mexican stew is made with hominy, easy to find in most grocery stores.

START TO FINISH 55 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 1 pound boneless pork
shoulder, cubed
- 1 cup chopped onion
- 2 teaspoons chopped garlic
- 1 (25-ounce) can hominy,
drained and rinsed
- 2 chilies in adobo, chopped
- 1 tablespoon adobo sauce
- 1 teaspoon dried oregano
- 2 teaspoons ground cumin

- 2 teaspoons chili powder
- 1 teaspoon kosher salt
- Chopped cilantro, sliced
radish, shredded cabbage,
for garnish

1 In the inner pot of an IP, add pork, onion, garlic, hominy, chilies, adobo sauce, oregano, cumin, chili powder, salt and ¾ cup water.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Garnish as desired to serve.

Beef Brisket Sandwiches

Easy; Guest-Worthy; Special Occasion

Serve these tender sandwiches with baked beans on the side.

START TO FINISH 1 hour 55 minutes
(5 minutes active)

SERVINGS 8

INGREDIENTS

- ¼ cup smoked paprika
- ¼ cup dark brown sugar
- 2 tablespoons kosher salt
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 teaspoons ground black pepper
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground mustard
- 1 teaspoon cayenne pepper
- 3 pounds trimmed beef brisket,
cut in half
- 8 rolls or buns, for serving
- Slaw, barbecue sauce,
for topping

1 In a small bowl, combine paprika, brown sugar, salt, onion powder, garlic powder, pepper, cumin, chili powder, oregano, ground mustard and cayenne. Rub mixture over all surfaces of brisket.





Pork Larb

- 2** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Stack brisket pieces on trivet, fat-side up.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 75 minutes.
- 4** When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Remove meat from IP and place on a cutting board. Slice the meat against the grain and serve on buns with slaw and barbecue sauce.

Pork Larb

Classic; Easy; Guest-Worthy

Serve this Southeast Asian favorite with sticky rice or salad.

START TO FINISH 25 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 teaspoon sesame oil
- 1 pound ground pork
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 teaspoon chopped ginger
- 1 red chili, chopped
- 2 tablespoons soy sauce
- 1 teaspoon fish sauce
- $\frac{1}{4}$ cup beef broth
- Cabbage leaves, for serving
- Chopped cucumber, red onion, lime wedges, cilantro, peanuts, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add pork, onion, garlic, ginger and chili; cook for 4 minutes until aromatics are softened.
- 2** Add soy sauce, fish sauce and broth to IP and stir to deglaze.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Place pork mixture on cabbage leaves and garnish as desired to serve.

quick tip

The secret to getting a good sear on scallops is letting them cook without flipping or moving them for 2 or 3 minutes per side.

**Pan-Seared
Scallops
With
Shallots,
page 62**



chapter six

Seafood

These recipes highlight the bounty of the oceans, lakes and rivers in dishes both down-home comforting and fancy-restaurant elegant.

Crab and Corn Boil

Classic; Family Favorite; Special Occasion

King crab legs are a great choice for this preparation—don't forget to provide seafood forks and crackers for your guests!

START TO FINISH 22 minutes
(10 minutes active)
SERVINGS 4

INGREDIENTS

- 1 pound crab legs
- 1 (32-ounce) carton seafood broth
- 4 ears yellow corn, each shucked, silk removed, cut in half
- 1 pound baby red potatoes, halved
- 1 tablespoon plus 1 teaspoon Old Bay seasoning, divided
- ½ cup butter
- 2 teaspoons chopped garlic
- ¼ cup lemon juice
- ¼ cup chopped parsley
- 1 teaspoon coarse sea salt
- ½ teaspoon ground black pepper
- Chopped parsley, for garnish

- 1** In the inner pot of an IP, add crab legs, broth, corn, potatoes and 1 tablespoon Old Bay seasoning.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 3** When time is up, set pressure-release valve to Venting to release pressure. Unlock lid. Select Cancel. Remove crab leg mixture to a serving bowl and set aside.

- 4** To make sauce, select Sauté; add butter to the inner pot. When butter is hot, add garlic, remaining 1 teaspoon Old Bay seasoning, lemon juice, parsley, salt and pepper; cook for 2 minutes until melted. Stir well.
- 5** Pour sauce over crab mixture, garnish as desired and serve immediately.

Shrimp and Linguine

Classic; Easy; Kid-Friendly

You'll love how quickly pasta cooks in the IP!

START TO FINISH 22 minutes
(10 minutes active)
SERVINGS 6

INGREDIENTS

- 8 ounces dry linguine
- 2 tablespoons olive oil, divided
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 2 pounds raw shrimp, peeled and deveined, tails on
- 1 cup dry white wine
- 2 tablespoons lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 4 cherry tomatoes, halved
- 1 cup sliced black olives
- ½ cup grated Parmesan cheese
- Chopped parsley, for garnish

- 1** In the inner pot of an IP, add 2 cups water, linguine and 1 tablespoon olive oil.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 3** When time is up, set pressure-release valve to Venting to release pressure. Unlock lid. Select Cancel. Pour linguine into a colander to drain.
- 4** Select Sauté; add remaining oil to the inner pot. When oil is hot, add onion and garlic; cook for 1 minute. Stir in shrimp, wine, lemon juice, salt and pepper.

- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.
- 6** When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 7** Stir in linguine, tomatoes, olives and cheese. Pour into a serving bowl and garnish as desired.

Pan-Seared Scallops With Shallots

Classic; Family Favorite; Guest-Worthy

Use asparagus of similar size and thickness for even cooking.

START TO FINISH 15 minutes
(minutes active)
SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound small sea scallops
- 1 shallot, chopped
- 1 teaspoon chopped garlic
- 1 tablespoon lemon juice
- 1 teaspoon capers
- 1 tablespoon chopped parsley
- 1 teaspoon sea salt
- 1 pound asparagus spears
- 1 cup multicolored cherry tomatoes
- Lemon wedges, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add scallops; cook for 1 minute per side to brown. Remove and set aside.
- 2** Stir in shallot, garlic, lemon juice, capers, parsley, salt, asparagus and tomatoes. Cook for 1 minute until softened. Select Cancel.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 4** When time is up, set pressure-release valve to Venting to release pressure. Unlock lid.
- 5** Place mixture on a serving platter and top with scallops. Garnish as desired to serve.



Shrimp and Linguine



Maple and Balsamic Glazed Salmon

*Easy; Family Favorite;
Guest-Worthy*

Furikake is a colorful, dry Japanese seasoning—once you try it, you'll reach for it whenever you're serving rice with seafood.

START TO FINISH 39 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- ½ cup seafood broth
- 3 tablespoons soy sauce
- 2 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- 1 tablespoon sesame seeds
- 4 salmon fillets
- 1 (8.8-ounce) package jasmine rice, cooked according to package directions
- Furikake, for sprinkling
- Black sesame seeds, red pepper flakes, sliced scallions, for garnish

1 In a large bowl, stir together broth, soy sauce, maple syrup, vinegar and sesame seeds. Add salmon to coat; marinate in refrigerator for 30 minutes.

2 In the inner pot of an IP, add salmon and marinade.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Place rice on a serving platter and sprinkle with furikake. Place salmon on rice; drizzle with marinade and garnish as desired to serve.



**Calamari
With Heirloom
Tomatoes**

Pan-Fried Trout

Classic; Easy; Family Favorite

Rainbow trout are the perfect size for an individual serving. Ask your fishmonger to clean them for you.

START TO FINISH 37 minutes
(30 minutes active)

SERVINGS 2

INGREDIENTS

- 2 teaspoons chopped garlic
- 2 teaspoons chopped ginger
- 2 teaspoons lemon juice
- 1 teaspoon kosher salt
- 2 teaspoons chili powder
- 2 teaspoons ground turmeric
- 1 teaspoon garam masala
- 2 whole rainbow trout
- ½ cup semolina
- ¼ cup olive oil

1 In a food processor, add garlic, ginger, lemon juice, salt, chili powder, turmeric and garam masala. Blend until smooth. Pour mixture over the fish and marinate for 20 minutes.

2 Pour semolina into a shallow bowl; dip fish in it to coat all sides.

3 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add trout; cook for 3 minutes, turning once. Select Cancel.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

6 Remove trout and serve immediately.

Calamari With Heirloom Tomatoes

Classic; Easy; Guest-Worthy

Save yourself the effort of cleaning and cutting calamari by buying them already prepped and frozen. Defrost in the fridge and rinse before cooking.

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 teaspoon chopped garlic
- 1 teaspoon curry powder
- ½ teaspoon red pepper flakes
- 1 pound calamari, cleaned and cut into ¼-inch rings and tentacles
- 2 large heirloom tomatoes, cut in wedges
- 1 cup clam juice
- 2 tablespoons lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 (8.5-ounce) bag quinoa and brown rice with garlic mix
- Mint leaves, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic, curry and red pepper flakes; cook for 1 minute.

2 Add calamari and tomatoes and cook for 4 minutes. Stir in clam juice, lemon juice, salt and pepper.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.

4 When time is up, set pressure-release valve to Venting to release pressure. Unlock lid.

5 Meanwhile, cook quinoa mixture following package directions.

6 Place quinoa mixture on a serving platter and top with calamari and tomato mixture. Garnish as desired.

Mahi-Mahi Burgers

Classic; Easy; Kid-Friendly

Try a red cabbage and mango slaw alongside these hearty patties.

START TO FINISH 15 minutes
(10 minutes active)

SERVINGS 2

INGREDIENTS

- 1 pound mahi-mahi fillets, chopped
- ½ cup dry breadcrumbs
- 1 large egg, beaten
- ½ cup chopped red bell pepper
- 2 tablespoons mayonnaise

- 1 tablespoon sesame seeds
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon chopped garlic
- 1 tablespoon olive oil
- Brioche buns, tartar sauce,
sliced green tomatoes,
sliced red onion, for serving
- Mustard micro greens, for garnish

1 In a bowl, mix together mahi-mahi, breadcrumbs, egg, bell pepper, mayonnaise, sesame seeds, salt, pepper and garlic. Form into 2 patties.

2 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add patties; cook for 3 minutes or until browned on each side.

3 Serve patties on buns with tartar sauce, tomatoes and onion. Garnish as desired to serve.

Linguine With Red Clam Sauce

Classic; Kid-Friendly; Special Occasion

If your grocer has freshly shucked clams in their juice, you can use them instead of canned in this dish.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 2 (6.5-ounce) cans chopped clams, undrained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (6-ounce) can tomato paste
- 1 bay leaf
- 1 teaspoon granulated sugar
- 1 teaspoon dried Italian seasoning
- 8 ounces cooked linguine
- Purple basil leaves, basil leaves, red pepper flakes, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 2 minutes until softened.

2 Stir in clams and juice, tomatoes and juice, tomato paste, bay leaf, sugar and Italian seasoning.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Remove and discard bay leaf.

5 Stir in linguine. Garnish as desired to serve.

Mediterranean Cod

Easy; Family Favorite; Quick

Sometimes a simple preparation like this really highlights the freshness of a dish. At the peak of the season, make a simple sauce with fresh tomatoes instead of using a prepared version.

START TO FINISH 20 minutes
(6 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons butter
- 1 tablespoon lemon juice
- 2 teaspoons fresh oregano leaves
- 1 cup tomato sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 4 (6-ounce) cod fillets
- Watercress, for serving
- Oregano sprigs, edible flowers, Calabrian peppers, for garnish

1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add lemon juice, oregano, tomato sauce, salt and pepper; cook for 5 minutes. Add cod to IP; spoon sauce over top.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

3 When time is up, set pressure-release valve to Venting to release pressure. Unlock lid.

4 Place watercress on serving plate; place cod on top and garnish as desired to serve.



Shrimp Fried Rice

Classic; Family Favorite; Kid-Friendly

Try this if you’ve got leftover rice (or start with takeout rice from your favorite Asian restaurant).

START TO FINISH 20 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 1 pound raw medium shrimp, peeled and deveined
- 1 cup julienned carrots
- 1 cup shelled edamame
- 1 cup chopped red bell pepper
- 1 teaspoon chopped garlic
- 1 large egg, beaten
- 2 cups cooked rice
- 3 tablespoons sliced scallion
- 3 tablespoons soy sauce
- ½ teaspoon kosher salt
- 1 teaspoon ground black pepper
- Sliced scallions, chili garlic paste, for garnish

- 1** On an IP, select Sauté; add oils to the inner pot. When oils are hot, add shrimp; cook for 2 minutes until pink. Remove shrimp from IP; set aside.
- 2** Stir in carrots, edamame, bell pepper and garlic. Cook 1 minute. Add egg and cook 1 minute, stirring to break up pieces.
- 3** Stir reserved shrimp into IP. Stir in cooked rice, scallion, soy sauce, salt and pepper.
- 4** Serve immediately, garnished as desired.

Lemon Tilapia

Easy; Guest-Worthy; Quick

Tilapia is a mild-flavored fish; if you can’t find it, try red snapper or striped bass.

START TO FINISH 7 minutes
(2 minutes active)

SERVINGS 4

INGREDIENTS

- ¼ cup lemon juice
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 4 (6-ounce) tilapia fillets
- 1 cup grated Parmesan cheese
- Lemon slices, chopped parsley, for garnish

- 1** In a large bowl, add lemon juice, salt and pepper; add tilapia to coat and place in refrigerator to marinate for 1 hour.
- 2** In the inner pot of an IP, add tilapia and marinade.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Place tilapia and marinade on serving plate. Sprinkle tilapia with cheese and garnish as desired to serve.

Halibut in Green Sauce

Easy; Quick; Special Occasion

If you can’t find halibut in your local market, you can use flounder, cod or fluke.

START TO FINISH 15 minutes
(7 minutes active)

SERVINGS 2

INGREDIENTS

- 1 tablespoon olive oil
- ¼ cup pesto
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- 1 teaspoon chopped garlic
- ¼ cup lime juice
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 (6-ounce) halibut fillets
- Lime slices, basil leaves, for garnish

- 1** In a large bowl, stir together olive oil, pesto, paprika, garlic powder, garlic,

lime juice, salt and pepper; add in halibut and marinate in refrigerator for 1 hour.

- 2** In the inner pot of an IP, add halibut and marinade.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Place halibut on serving plates; garnish as desired to serve.

Shrimp With Green Beans and Zucchini

Easy; Family Favorite; Special Occasion

Use tail-on shrimp in this recipe—it makes a dramatic presentation.

START TO FINISH 22 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 8 ounces fettuccine
- 2 tablespoons olive oil, divided
- 1 cup sliced zucchini
- 1 cup chopped green beans
- 1 pound raw large shrimp, peeled and deveined with tails on
- ½ cup soy sauce
- 1 teaspoon chopped garlic
- 1 small shallot, chopped
- ¼ cup hoisin sauce
- 2 tablespoons lemon juice
- 1 tablespoon sea salt
- 1 tablespoon ground black pepper
- Chopped cilantro, fried shallots, for garnish

- 1** In the inner cooking pot of an IP, add 2 cups water, fettuccine and 1 tablespoon olive oil.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 3** When time is up, set pressure-release valve to Venting to release pressure. Unlock lid. Select Cancel. Pour fettuccine into a colander to drain.

4 Select Sauté; add remaining 1 tablespoon oil to the inner pot. When oil is hot, add zucchini and green beans; cook for 1 minute. Remove vegetables from IP and set aside.

5 Stir in shrimp, soy sauce, garlic, shallot, hoisin, lemon juice, salt and pepper.

6 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

7 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.

8 Stir in fettuccine and vegetables. Garnish as desired to serve.

Steamed Mussels

Classic; Easy; Special Occasion

Pro tip for when you're cooking with wine: Opt for a decent-quality bottle so you can serve the rest with the meal.

START TO FINISH 10 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

- ½ cup butter
- 3 garlic cloves, sliced
- 1 cup dry white wine
- 2 pounds mussels, cleaned
- ½ cup lemon juice
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Chopped parsley, lemon wedges, for garnish

1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add garlic and wine; cook for 2 minutes until softened.

2 Stir in mussels, lemon juice, salt and pepper.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Pour mussels and broth into a shallow bowl; garnish as desired to serve.

Bang-Bang Shrimp Pasta

Easy; Quick; Special Occasion

The flavors of your restaurant favorite preparation turn into a complete meal with rice noodles.

START TO FINISH 10 minutes
(4 minutes active)

SERVINGS 2

INGREDIENTS

- 8 ounces rice stick noodles
- 1 tablespoon mayonnaise
- ¼ cup sweet chili sauce
- 1 tablespoon honey
- 1 tablespoon Sriracha sauce
- 1 tablespoon lime juice

- ½ pound hot cooked shrimp
- Lime wedges, cilantro sprigs, chopped parsley, sliced Fresno pepper, for garnish

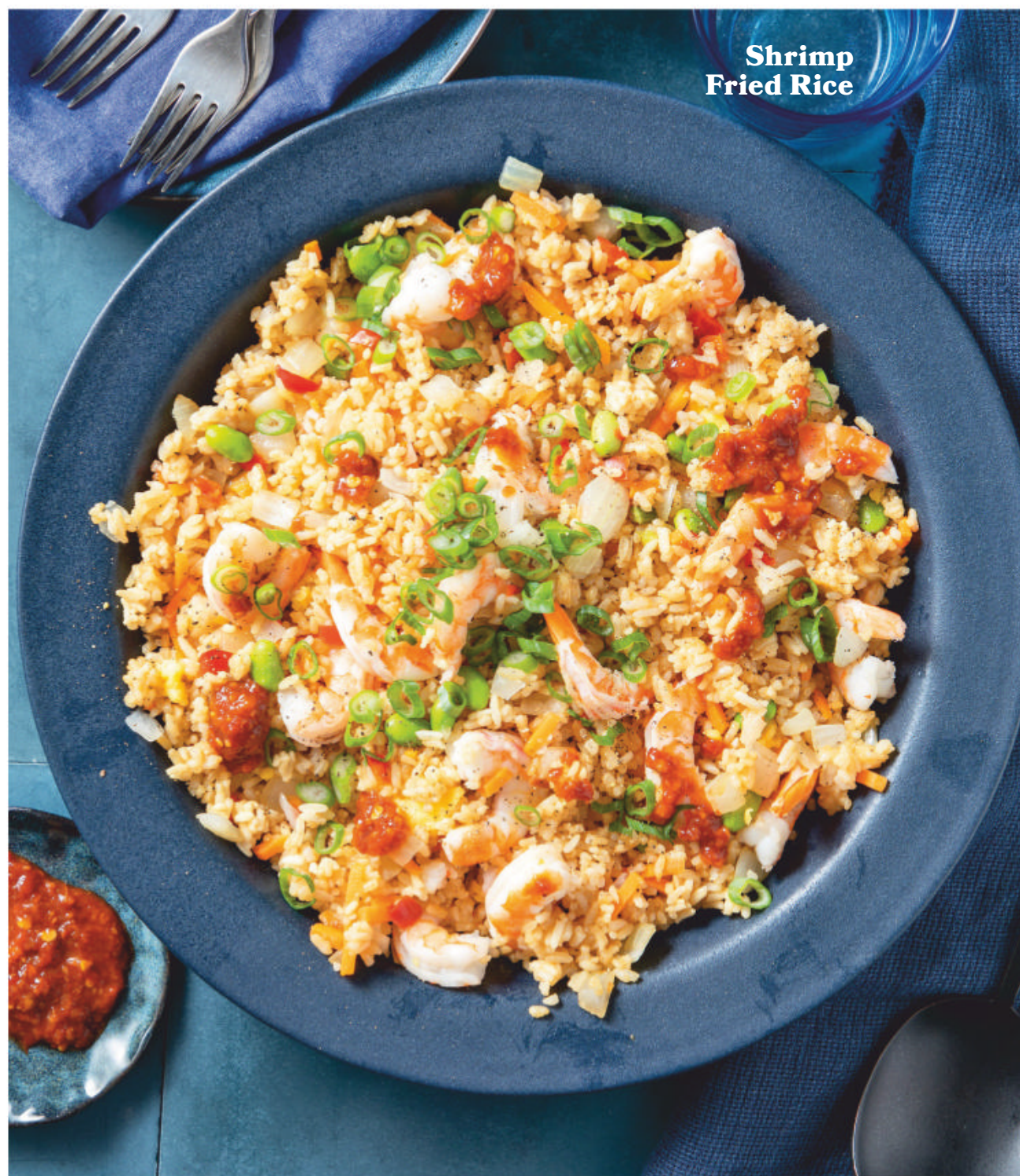
1 In the inner pot of an IP, add 1½ cups water and noodles.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

3 When time is up, set pressure-release valve to Venting to release pressure. Unlock lid. Stir until the water evaporates.

4 In a large bowl, stir together mayonnaise, chili sauce, honey, Sriracha, lime juice and shrimp. Pour into noodles and toss to coat.

5 Serve immediately, garnished as desired.





quick tip

While shopping, avoid haricots verts with wrinkled lesions. These are usually a result of age or poor handling. In either case, the bean will likely be starchy and mealy.

**Potato and
Haricot
Vert Salad
With Tangy
Vinaigrette,
page 70**



chapter seven

Vegetarian

From Margherita Pasta to Ratatouille Over Polenta, these hearty meals and sides are sure to satisfy.

Brown Rice and Quinoa Salad With Cashews

Easy; Family Favorite; Guest-Worthy

This colorful, protein-packed dish gets added an crunch from cashews

START TO FINISH 45 minutes
(20 minutes active)

SERVINGS 8

INGREDIENTS

- 2 cups uncooked brown rice
- ½ cup uncooked quinoa
- 3 cups vegetable broth
- 1 teaspoon kosher salt
- ¼ cup soy sauce
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 2 tablespoons honey
- 1 teaspoon chopped garlic
- ¼ teaspoon ground black pepper
- 1 cup diced rainbow carrots
- 1 cup diced celery
- 1 cup diced red bell pepper
- 1 cup shelled edamame
- ½ cup diced cucumber
- ¼ cup diced red onion
- 1 cup cashews
- Cashews, basil leaves,
red pepper flakes, for garnish

- 1** In the inner pot of an IP, stir rice, quinoa, broth and salt.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.
- 3** Meanwhile, to make dressing, in a small bowl, whisk together soy sauce, vinegar, oil, honey, garlic and pepper. Set aside.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Drain mixture in a colander.

5 In a large bowl, add rice and quinoa, carrots, celery, bell pepper, edamame, cucumber, onion and cashews. Drizzle on dressing and toss. Garnish as desired to serve.

Vegetarian Pozole

Classic; Easy; Guest-Worthy

Dried guajillo chiles add sweet, smoky flavor—but not too much spice—to this stew.

START TO FINISH 1 hour (10 minutes active)
SERVINGS 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped white onion
- 4 dried guajillo chiles, stemmed
- 1 tablespoon chopped garlic
- 1 teaspoon ground cumin
- 1 teaspoon dried Mexican oregano
- 1 (32-ounce) carton vegetable broth
- 2 (15.5-ounce) cans pinto beans, drained and rinsed
- 2 (15.5-ounce) cans golden hominy, drained and rinsed
- 1 (10-ounce) can red enchilada sauce
- ½ cup chopped cilantro
- ½ cup sliced scallions
- 2 tablespoons lime juice
- Cilantro sprigs, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and chiles; cook for 3 minutes. Stir in garlic, cumin and oregano and cook for 2 minutes. Stir in broth, beans, hominy and enchilada sauce.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.

3 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Remove and discard chiles. Stir in cilantro, scallions and lime juice. Garnish as desired to serve.

Potato and Haricot Vert Salad With Tangy Vinaigrette

Classic; Easy; Special Occasion

Haricots verts are longer, thinner and more tender than regular green beans. Enjoy this served warm or chilled.

START TO FINISH 45 minutes
(20 minutes active)

SERVINGS 6

INGREDIENTS

- 2 pounds small yellow potatoes, halved
- 1 (8-ounce) bag haricots verts
- 2 teaspoons kosher salt, divided
- 2 shallots, diced
- ¼ cup red wine vinegar
- 5 tablespoons olive oil
- 2 teaspoons whole grain mustard
- 1 teaspoon honey
- ½ teaspoon ground black pepper
- 1 cup chopped red bell pepper
- 1 cup green peas
- 4 medium gherkins, diced
- ¼ cup chopped parsley
- Lemon slices, fried shallots,
for garnish

1 In the inner pot of an IP, add 2 cups water. Place trivet inside IP. Place potatoes and haricots verts on trivet; sprinkle with 1 teaspoon salt.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Using a colander, drain potatoes and haricots verts.

4 In a large bowl, whisk together shallots, vinegar, oil, mustard, honey, remaining 1 teaspoon salt and pepper. Stir in bell pepper, peas, gherkins, parsley, potatoes and haricots verts. Toss well.

5 Garnish as desired to serve.



Brown Rice and Quinoa Salad With Cashews

A top-down view of a light-colored ceramic bowl filled with butternut squash mac and cheese. The dish is topped with a sprig of fresh thyme and a dusting of black pepper. A silver fork is partially visible in the upper left corner, resting on a textured beige placemat.

Butternut Squash Mac and Cheese

Easy; Family Favorite; Kid-Friendly

Just as indulgent as regular mac and cheese, but with the added nutrition of squash.

START TO FINISH 18 minutes
(15 minutes active)

SERVINGS 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- ½ teaspoon dried Italian seasoning
- 1 (16-ounce) package elbow macaroni
- 2 cups cubed butternut squash
- 3½ cups vegetable broth
- 1 (12-ounce) can evaporated milk
- 1 (8-ounce) bag triple cheddar cheese blend
- Shredded cheese, thyme sprigs, cracked black pepper, for garnish

1 On an IP, select Sauté; add oil and butter to the inner pot. When oil and butter are hot, add onion, garlic and Italian seasoning; cook for 1 minute until softened. Add macaroni, squash and broth. Select Cancel.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Stir in milk and cheese until melted. Garnish as desired to serve.

Cauliflower Rice Bowls

Easy; Kid-Friendly; Quick

Keep some cauliflower rice in the freezer so you can whip up these bowls in no time.

START TO FINISH 30 minutes
(15 minutes active)

SERVINGS 2

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- ½ teaspoon kosher salt
- ½ teaspoon ground chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 1 teaspoon ground coriander
- ½ teaspoon dried oregano
- 1 (12-ounce) bag cauliflower rice
- 2 cups vegetable broth
- 1 cup cooked yellow corn kernels
- 2 cups sliced cherry tomatoes
- 1 cup red onion slices
- 1 cup arugula microgreens
- Cilantro leaves, guacamole, pico de gallo, lime wedges, red pepper flakes, for garnish

1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 2 minutes until softened.

2 Stir in salt, chili powder, cumin, paprika, coriander, oregano, cauliflower rice and broth.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Divide mixture between serving bowls and top with corn, tomatoes, onion and microgreens. Garnish as desired to serve.

Southwestern Bean Salad

Easy; Family Favorite; Guest-Worthy

You can start this the night before by refrigerating the beans as they soak.

START TO FINISH 3 hours 45 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- ½ cup dried white beans, soaked in water for 3 hours
- ½ cup dried black beans, soaked in water for 3 hours
- 3 cups vegetable broth
- 1½ teaspoons kosher salt, divided
- 1 cup chopped red bell pepper
- ½ cup halved cherry tomatoes
- ½ cup sliced scallions
- ¼ cup chopped cilantro
- 1 Fresno red chili, sliced
- 3 tablespoons lime juice
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chopped garlic
- Diced avocado, tortilla chips, sliced jalapeños, for toppings

1 Strain and rinse beans.

2 In the inner pot of an IP, stir beans, broth and 1 teaspoon salt.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 12 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Using a colander, drain beans well.

5 In a large bowl, add beans, bell pepper, tomatoes, scallions, cilantro, chili, lime juice, oil, cumin, garlic and remaining ½ teaspoon salt. Toss well and serve with desired toppings.

Moroccan-Style Chickpeas

Classic; Family-Favorite; Guest-Worthy

Fragrant spices common in North African cooking elevate this simple preparation. Serve it over rice or as a chilled side dish.

START TO FINISH 30 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 2 teaspoons ground cinnamon

Moroccan-Style Chickpeas

- 2 teaspoons cumin
- ¼ teaspoon chili powder
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 2 cups chopped tomatoes
- 2 (15-ounce) cans chickpeas,
drained and rinsed
- 2 tablespoons raisins
- 12 sun-dried tomatoes, chopped
- 2 (5-ounce) packages baby spinach
- 3½ cups vegetable broth
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Cilantro leaves, chopped
- preserved lemon, whole red
peppers, for garnish

- 1** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, garlic, cinnamon, cumin, chili powder, paprika and coriander; cook for 1 minute until softened.
- 2** Stir in tomatoes, chickpeas, raisins, sun-dried tomatoes, spinach, broth, salt and pepper.
- 3** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 4** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5** Stir mixture; garnish as desired before serving.

Tofu With Bok Choy and Ginger-Garlic Sauce

Classic; Easy; Quick

Pat the tofu slices dry with a paper towel before adding them to the baking dish; that way they'll absorb more of the sauce.

START TO FINISH 20 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 1 teaspoon chopped garlic
- 1 tablespoon grated ginger
- ¼ cup soy sauce
- 1 tablespoon sesame oil

- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 tablespoon honey
- 4 baby bok choy, split horizontally
- 1 (16-ounce) container
silken tofu, sliced thick
- ½ cup sliced scallions
- 1 red chili, sliced
- Sliced scallions, for garnish

- 1** To make sauce, in a small bowl, stir together garlic, ginger, soy sauce, oils, lime juice and honey.
- 2** Place a steamer rack or trivet in an IP. Pour in 1 cup water.

- 3** In a round dish that fits in the IP, add half of the bok choy. Place tofu on top. Pour two-thirds of sauce over tofu; sprinkle with scallions and chili, then top with remaining bok choy. Place dish on trivet.
- 4** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 5** When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Transfer mixture to a serving plate. Pour remaining sauce over and garnish as desired to serve.



**Moroccan-Style
Chickpeas**

Mushroom and Green Pea Curry

Classic; Easy; Kid-Friendly

Use your favorite mushrooms, or a mixture, in this Indian-style dish. Try serving it with naan or basmati rice.

START TO FINISH 35 minutes
(15 minutes active)

SERVINGS 2

INGREDIENTS

- 1 small red onion, quartered
- 3 garlic cloves
- 1 teaspoon chopped ginger
- 1 tablespoon olive oil
- 2 bay leaves
- 2 medium tomatoes, crushed
- ½ teaspoon ground coriander
- ½ teaspoon garam masala
- ¼ teaspoon chili powder
- ¼ teaspoon turmeric powder
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

- 3 cups sliced trumpet and portobello mushrooms
- 1 cup frozen green peas, thawed
- Cilantro leaves, sliced Fresno peppers, for garnish

- 1** In a blender, add onion, garlic, ginger and 1 cup water and puree to a smooth paste.
- 2** On an IP, select Sauté; add oil to the inner pot. When oil is hot, add bay leaves and onion paste; cook for 4 minutes.
- 3** Stir in tomatoes, coriander, garam masala, chili powder, turmeric, salt and pepper. Cook for another 2 minutes.
- 4** Stir in mushrooms and peas and cook for 1 minute. Pour in 1 cup water.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.
- 6** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Remove and discard bay leaves.
- 7** Garnish as desired to serve.

Ratatouille Over Polenta

Classic; Family Favorite; Kid-Friendly

The polenta takes longer to cook, so start it before you begin the ratatouille.

START TO FINISH 50 minutes
(15 minutes active)

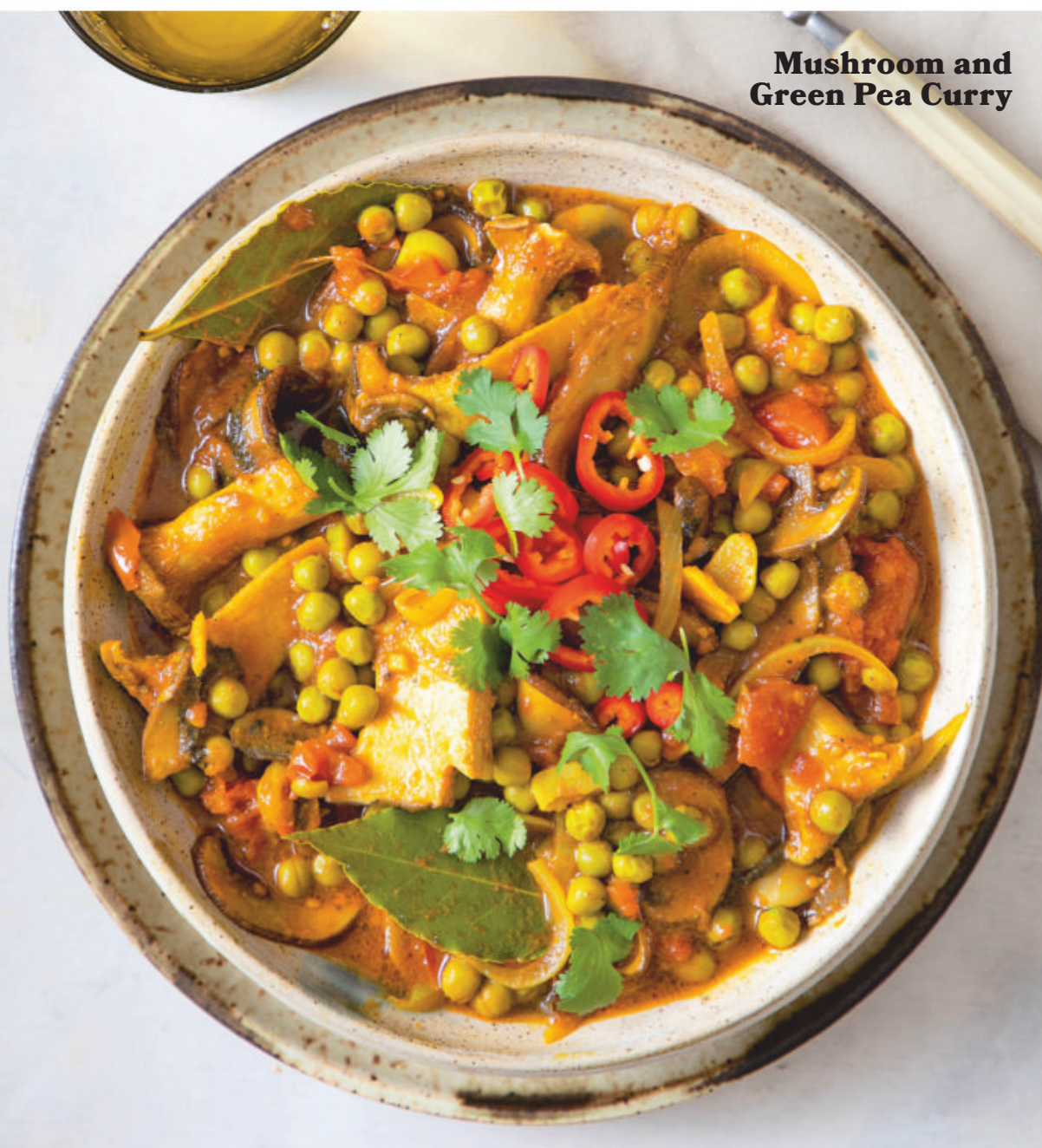
SERVINGS 4

INGREDIENTS

- 1 (32-ounce) carton vegetable broth
- 2 teaspoons kosher salt, divided
- 1 cup cornmeal
- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 teaspoon ground black pepper
- 1 teaspoon chopped garlic
- 1 teaspoon chopped oregano
- 1 tablespoon tomato paste
- 1 (28-ounce) can diced tomatoes, undrained
- 1 zucchini, halved lengthwise and sliced into half-moons
- 1 yellow squash, halved lengthwise and sliced into half-moons
- 1 eggplant, halved lengthwise and sliced into half-moons
- 2 tablespoons chopped capers
- ¼ cup chopped basil
- Basil leaves, for garnish

- 1** In a saucepan over high heat, bring broth and 1 teaspoon salt to a boil. Stirring continuously, add the cornmeal in a steady stream until incorporated. Continue stirring to prevent lumps from forming.
- 2** Reduce heat to low. Cook, stirring and scraping the bottom and sides of the pan, until polenta is thick, 35 to 40 minutes.
- 3** Meanwhile, on an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion, remaining 1 teaspoon salt, pepper and garlic; cook for 2 minutes until softened.
- 4** Stir in oregano, tomato paste and tomatoes. Add in zucchini, squash and eggplant and cook 1 minute.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.

Mushroom and Green Pea Curry



6 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in capers and chopped basil.

7 Divide polenta among serving plates; top with ratatouille, garnish as desired and serve.

Margherita Pasta

Easy; Family Favorite; Kid-Friendly

Opt for small mozzarella balls, sometimes labeled “perlina,” so they melt evenly.

START TO FINISH 7 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 2 cups vegetable broth
- ½ cup white wine
- 1 teaspoon chopped garlic
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon kosher salt
- 8 ounces angel hair pasta, broken in half
- 3 cups cherry tomatoes
- 2 cups marinated mozzarella balls, drained, oil reserved
- 2 tablespoons reserved oil from the marinated mozzarella
- ½ cup torn fresh basil
- Basil leaves, red pepper flakes, for garnish

1 In the inner pot of an IP, stir together broth, wine, garlic, red pepper flakes and salt. Add pasta, arranging it in a spiral pattern to avoid clumping. Submerge pasta as much as possible. Place tomatoes on pasta; do not stir.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.

3 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Using tongs, toss pasta, breaking up any clumps. Add mozzarella, 2 tablespoons reserved oil and basil.

5 Toss again; place on serving platter and garnish as desired before serving.



Carrot Falafel With Pita and Hummus

Carrot Falafel With Pita and Hummus

Easy; Family Favorite; Kid-Friendly

Carrot adds a hint of sweetness to falafel. You can warm the pita and cut it into wedges for scooping the hummus, as we did, or open the pocket to make sandwiches.

START TO FINISH 55 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 2 cups dried chickpeas, rinsed
- 1 tablespoon kosher salt, divided
- ½ teaspoon baking soda
- 1 small onion, quartered
- 2 garlic cloves
- 1 cup flat-leaf parsley leaves
- ⅓ cup grated carrots
- ½ teaspoon ground black pepper
- 2 tablespoons chickpea flour
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- ½ teaspoon cayenne pepper
- 1 teaspoon baking powder
- ¼ cup vegetable oil
- Pita bread, hummus, for serving
- Crumbled feta, quartered cherry tomatoes, peperoncini, parsley leaves, red pepper flakes, olive oil, for toppings

1 In the inner pot of an IP, add chickpeas, 4 cups water, 1 teaspoon salt and baking soda.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Using a colander, drain chickpeas; set aside.

4 In a food processor, add onion, garlic, parsley and carrots and pulse until finely chopped.

5 Add the drained chickpeas, remaining 2 teaspoons salt, pepper, flour, cumin, coriander, cayenne and baking powder; process to form a chunky paste.

6 Form mixture into balls a bit larger than golf balls and flatten into 1-inch-thick patties.

7 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add patties; cook for 5 minutes on each side until golden brown and crisp. Use a slotted spoon to transfer patties to a paper towel-lined plate.

8 To serve, cut pita into quarters and place hummus in a small bowl. Add to a large serving plate with falafel and desired toppings.

Chickpea Patties

Classic; Kid-Friendly; Quick

You can also tuck these into pita.

START TO FINISH 25 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- ¾ cup dried chickpeas
- 1 (32-ounce) carton vegetable broth
- ¼ cup minced shallots
- ¼ cup shredded carrots
- ¼ cup minced celery
- 1 tablespoon all-purpose flour
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon Aleppo pepper
- 1½ teaspoons kosher salt, divided
- 3 tablespoons olive oil
- ½ cup plain Greek yogurt
- 2 tablespoons chopped dill
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 4 burger rolls
- Sliced beets, arugula, dill,
red onion slices, tomato slices,
for toppings



- 1 In the inner pot of an IP, stir chickpeas and broth. Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 55 minutes.
- 2 When time is up, use natural release for 20 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid; drain chickpeas and let cool.
- 3 In a large bowl, use a potato masher to mash chickpeas. Stir in shallots, carrots, celery, flour, coriander, cumin, Aleppo pepper and ½ teaspoon salt. Form into 4 patties.
- 4 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add patties; cook for 4 minutes on each side, then place on a paper towel-lined plate.
- 5 Meanwhile, to make yogurt sauce, in a medium bowl, stir together yogurt, dill, oil, lemon juice, lemon zest and remaining 1 teaspoon salt.
- 6 Spread sauce on top and bottom of each roll; top each bottom roll with a patty and desired toppings.

Barley With Tomatoes and Feta

Classic; Easy; Guest-Worthy

When they're in season, try cherry tomatoes here instead of canned.

START TO FINISH 40 minutes
(15 minutes active)

SERVINGS 4

INGREDIENTS

- 1½ tablespoons butter
- 2 tablespoons olive oil
- 1 cup chopped white onion
- 1 cup chopped celery
- 2 teaspoons chopped garlic
- 1½ cups uncooked pearl barley, rinsed
- ½ teaspoon paprika
- ½ teaspoon red pepper flakes
- 3 lemon rind strips
- 4 thyme sprigs
- 1 bay leaf
- 1 can crushed tomatoes
- 2 tablespoons tomato paste

- 3 cups vegetable broth
- 1 teaspoons kosher salt
- ½ cup crumbled feta cheese

- 1 On an IP, select Sauté; add butter and oil to the inner pot. When butter and oil are hot, add onion, celery and garlic; cook for 2 minutes until softened.
- 2 Stir in barley, paprika, red pepper flakes, lemon rinds, thyme sprigs and bay leaf. Stir in tomatoes, tomato paste, broth and salt.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Remove and discard bay leaf.
- 5 Stir barley; sprinkle feta over the top to serve.

New Potato and Egg Salad

Classic; Easy; Guest-Worthy

This combo of two favorite salads will be a hit at your next barbecue!

START TO FINISH 2 hours 20 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 2 pounds new potatoes, halved
- 4 large eggs
- ½ cup chopped scallions
- 1 cup mayonnaise
- 2 tablespoons chopped parsley
- 1 tablespoon dill pickle juice
- 1 tablespoon Dijon mustard
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

- 1 In the inner pot of an IP, add 1½ cups water. Place trivet inside IP. Place potatoes and eggs on trivet.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.

3 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Place eggs in an ice bath to cool. Place potatoes in a bowl to cool.

5 In a large bowl, stir together scallions, mayonnaise, parsley, pickle juice, mustard, salt and pepper. Gently stir in cooled potatoes.

6 Peel and chop eggs; stir into potato salad. Chill at least 1 hour before serving.

Garlic, Sesame and Basil Noodles

Easy; Family Favorite; Quick

Korean chili powder, aka gochugaru, is mild with a hint of sweetness. You can find it in Asian markets.

START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 8 ounces dry linguine, broken in half
- ¼ cup soy sauce, divided
- 2 tablespoons toasted sesame oil
- 1 tablespoon chili oil
- 1 teaspoon chopped garlic
- ¼ teaspoon five-spice powder
- ¼ cup chopped fresh basil
- 1 cup snow peas
- ¼ teaspoon ground ginger
- ¼ teaspoon ground Korean chili powder
- Sesame seeds, for garnish

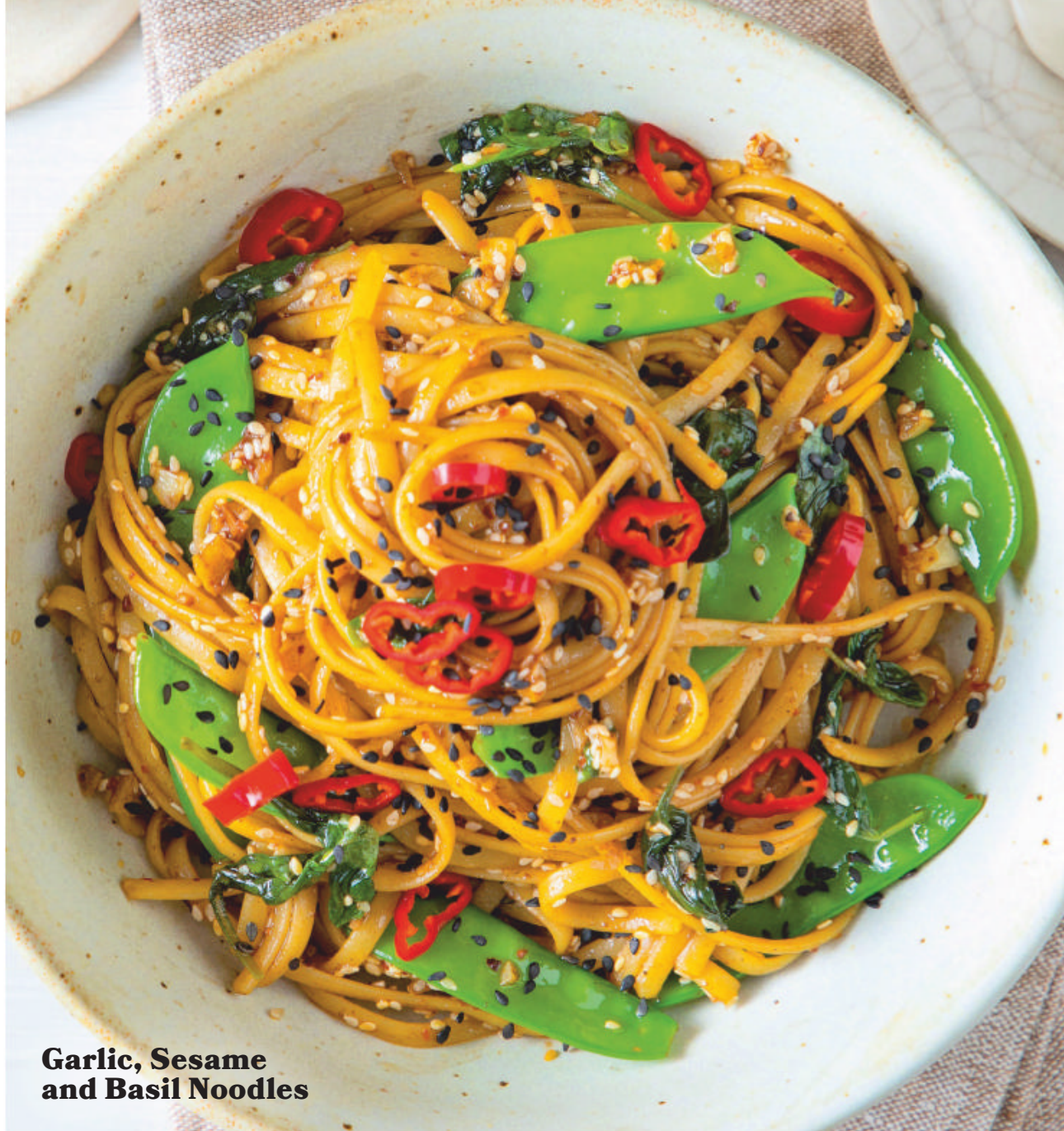
1 In the inner pot of an IP, add 2 cups water, linguine, 3 tablespoons soy sauce, oils, garlic, five-spice powder and basil.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.

3 When time is up, use natural release for 3 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Stir in snow peas, remaining 1 tablespoon soy sauce, ginger and Korean chili powder.

5 Garnish as desired before serving.



Garlic, Sesame and Basil Noodles

Rice Salad With Peanut Dressing

Classic; Easy; Kid-Friendly

Coconut aminos are a vegan sub for the fish sauce used in many Thai dishes.

START TO FINISH 45 minutes
(20 minutes active)

SERVINGS 4

INGREDIENTS

- 3 tablespoons crunchy peanut butter
- 3 tablespoons honey
- 1 teaspoon chopped garlic
- 1 teaspoon grated ginger
- 1 red chili, sliced
- 1 tablespoon lime juice
- ¼ cup soy sauce
- 1 tablespoon coconut aminos
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1½ cups uncooked brown rice, rinsed
- 2 slices fresh ginger
- 2 whole garlic cloves
- 2 cups vegetable broth

- 2½ cups shredded purple cabbage
- 1 cup sliced carrots
- 1 cup chopped red bell pepper
- ½ cup chopped red onion
- ½ cup halved cherry tomatoes
- 1 tablespoon black sesame seeds

1 In a small bowl, to make dressing, whisk together peanut butter, honey, garlic, ginger, chili, lime juice, soy sauce, coconut aminos, oils and 2 tablespoons water until smooth. Set aside.

2 In the inner pot of an IP, stir rice, ginger, garlic and broth.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 18 minutes.

4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Using a fork, fluff rice; place in a large bowl and let cool.

6 Add cabbage, carrots, bell pepper, onion, tomatoes and sesame seeds to bowl. Pour on dressing and toss to coat.



quick tip

Use your favorite seasonal vegetables in this dish. The mixture of white and wild rice adds texture and nutty flavor.

**Rice Pilaf
With
Vegetables,**
page 80



chapter eight

Sides & Vegetables

Stuck for ideas on what to serve along with the main course? These pages are packed with recipes for both classic and innovative dishes.



Cheesy Broccoli and Rice

Easy; Family Favorite; Quick

You can substitute cauliflower for some or all of the broccoli.

START TO FINISH 20 minutes
(5 minutes active)
SERVINGS 4

INGREDIENTS

- 1 tablespoon butter
- ½ cup chopped onion
- 1 teaspoon chopped garlic
- 2½ cups chicken broth, divided
- 1 cup medium-grain white rice
- 2 cups chopped broccoli
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1½ cups shredded sharp cheddar cheese

- 1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add onion and garlic; cook for 1 minute until softened. Stir in 2 cups broth and rice.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in remaining broth, broccoli, salt and pepper.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 5 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid. Stir in cheese until melted. Serve immediately.

Rice Pilaf With Vegetables

Easy; Guest-Worthy; Quick

Pilaf is cooked in broth for more flavor.

START TO FINISH 20 minutes
(5 minutes active)
SERVINGS 8

INGREDIENTS

- 1 tablespoon butter
- 1 cup chopped red onion
- 1 teaspoon chopped garlic
- 1 cup sliced yellow squash
- 1 cup chopped asparagus
- 1 cup white beans
- 2 cups long-grain white rice and wild rice blend, rinsed
- 1 (14-ounce) can chicken broth
- ½ teaspoon kosher salt
- 1 cup green peas
- 1 cup halved multicolored cherry tomatoes
- 2 tablespoons chopped parsley
- ½ cup slivered almonds

- 1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add onion and garlic; cook for 1 minute until softened. Stir in squash, asparagus, beans, rice, broth, salt and 1¼ cups water. Select Cancel.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

- 4 Stir mixture to fluff rice; stir in peas, tomatoes, parsley and almonds.

Red, White and Blue Potato Salad

Easy; Guest-Worthy; Kid-Friendly

A mixture of mayo and Greek yogurt keeps this salad from being too heavy, while Dijon adds a little tang.

START TO FINISH 35 minutes
(20 minutes active)
SERVINGS 8

INGREDIENTS

- 2 pounds Yukon gold, red and blue baby potatoes, halved
- 4 large eggs
- 1 tablespoon pickle juice
- 1 tablespoon white vinegar
- 1 cup chopped dill pickles
- ¼ cup capers
- 2 large celery ribs, sliced
- ⅓ cup chopped red onion
- ½ cup plain Greek yogurt
- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Dill fronds, parsley, cracked black pepper, for garnish

- 1 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place potatoes and eggs on trivet.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 4 minutes.
- 3 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Transfer eggs to an ice bath. Drain potatoes in a colander.
- 5 In a large serving bowl, add potatoes; sprinkle with pickle juice and vinegar. Stir in pickles, capers, celery and onion.
- 6 Peel eggs. Chop whites; using a fork, mash yolks. Add both to potato mixture. Stir in yogurt, mayonnaise, mustard, salt and pepper. Garnish as desired to serve.



Red, White and Blue Potato Salad



Minted Farro and Cherry Salad

*Easy; Guest-Worthy;
Special Occasion*

Let this salad sit for about a half hour to allow the flavors to meld.

START TO FINISH 50 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 cup farro, rinsed
- 1 tablespoon apple cider vinegar
- 1 teaspoon freshly squeezed lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt
- ½ cup dried cherries, coarsely chopped
- ¼ cup minced chives
- ¼ cup chopped mint
- 2 cups fresh cherries, pitted and cut in half
- Chives, mint leaves, for garnish

1 In the inner pot of an IP, add 1 cup water and farro.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 40 minutes.

3 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid. Using a colander, drain farro and place in a large serving bowl.

4 Stir in vinegar, lemon juice, oil, salt, dried cherries, chives and mint. Fold in fresh cherries and garnish as desired to serve.

Polenta With Sun-Dried Tomatoes and Herbs

Classic; Easy; Guest-Worthy

If you're using oil-packed tomatoes, drain them first. Rehydrate dry-packed tomatoes in salted water or broth in a microwave for 2 minutes.

START TO FINISH 30 minutes
(10 minutes active)
SERVINGS 6

INGREDIENTS

- 2 tablespoons olive oil
- ½ cup chopped onion
- 2 teaspoons chopped garlic
- 4 cups vegetable broth
- ⅓ cup finely diced sun-dried tomatoes
- 1 teaspoon kosher salt

- 2 fresh bay leaves
- 2 teaspoons chopped fresh oregano
- 1 teaspoon chopped fresh rosemary
- 3 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 cup coarse polenta
- Sun-dried tomato strips, grated Parmesan cheese, basil leaves, rosemary sprigs, oregano leaves, for garnish

- On an IP, select Sauté; add oil to the inner pot. When oil is hot, add onion and garlic; cook for 1 minute until softened. Select Cancel.
- Stir in broth, sun-dried tomatoes, salt, bay leaves, oregano, rosemary, basil and parsley. Sprinkle polenta over the top. Do not stir.
- Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- When time is up, use natural release for 10 minutes, then set

pressure-release valve to Venting to release remaining pressure. Unlock lid.

5 Remove and discard bay leaves. Whisk polenta until smooth; transfer to a serving bowl and garnish as desired to serve.

Thai Quinoa Salad

Easy; Family Favorite; Guest-Worthy

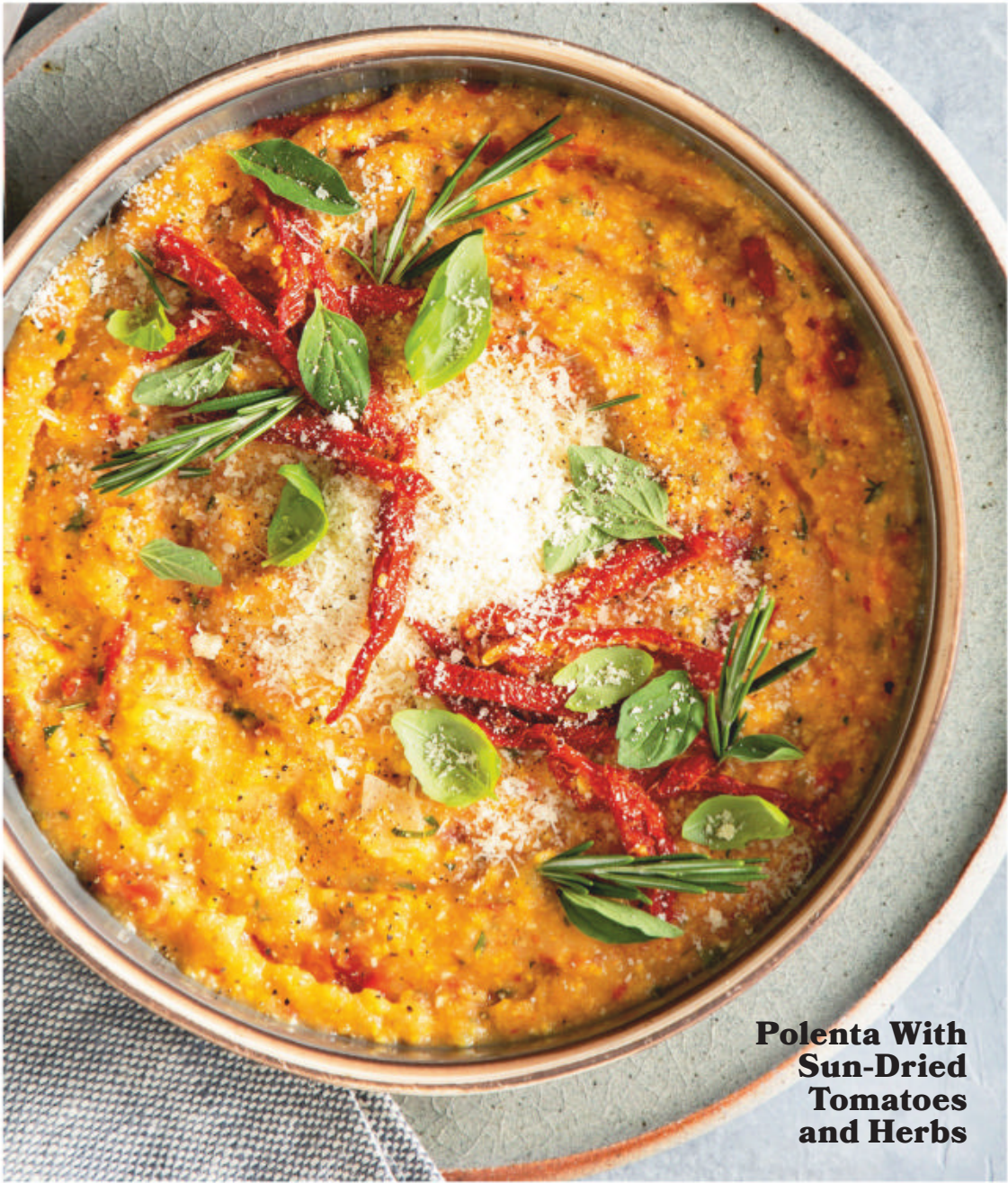
Protein-rich quinoa comes in a variety of colors; use whichever you prefer in this dish.

START TO FINISH 30 minutes
(10 minutes active)
SERVINGS 6

INGREDIENTS

- 1 cup quinoa, rinsed
- ½ teaspoon kosher salt
- 1 cup sliced carrots
- 1 cup chopped cucumber
- 1 cup chopped red bell pepper
- 1 cup shelled edamame
- 1 cup chopped scallions
- 1 tablespoon soy sauce
- ¼ cup lime juice
- 2 tablespoons honey
- 1 tablespoon grated ginger
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- ⅛ teaspoon red pepper flakes
- ½ cup chopped peanuts
- ¼ cup chopped cilantro
- 2 tablespoons chopped basil
- Red pepper flakes, basil, cilantro, chopped peanuts, for garnish

- In the inner pot of an IP, add 1½ cups water, quinoa and salt.
- Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- Drain quinoa in a colander.
- In a large bowl, add quinoa, carrots, cucumber, bell pepper, edamame and scallions.



Polenta With Sun-Dried Tomatoes and Herbs

6 In a small bowl, whisk together soy sauce, lime juice, honey, ginger, olive oil, sesame oil and red pepper flakes.

7 Pour dressing over quinoa mixture and stir to combine. Stir in peanuts, cilantro and basil. Garnish as desired to serve.

Ginger and Soy Glazed Eggplant

Classic; Easy; Guest-Worthy

You can double the recipe to feed a gathering. The dark soy sauce adds rich flavor and a caramel color to the glaze.

START TO FINISH 50 minutes

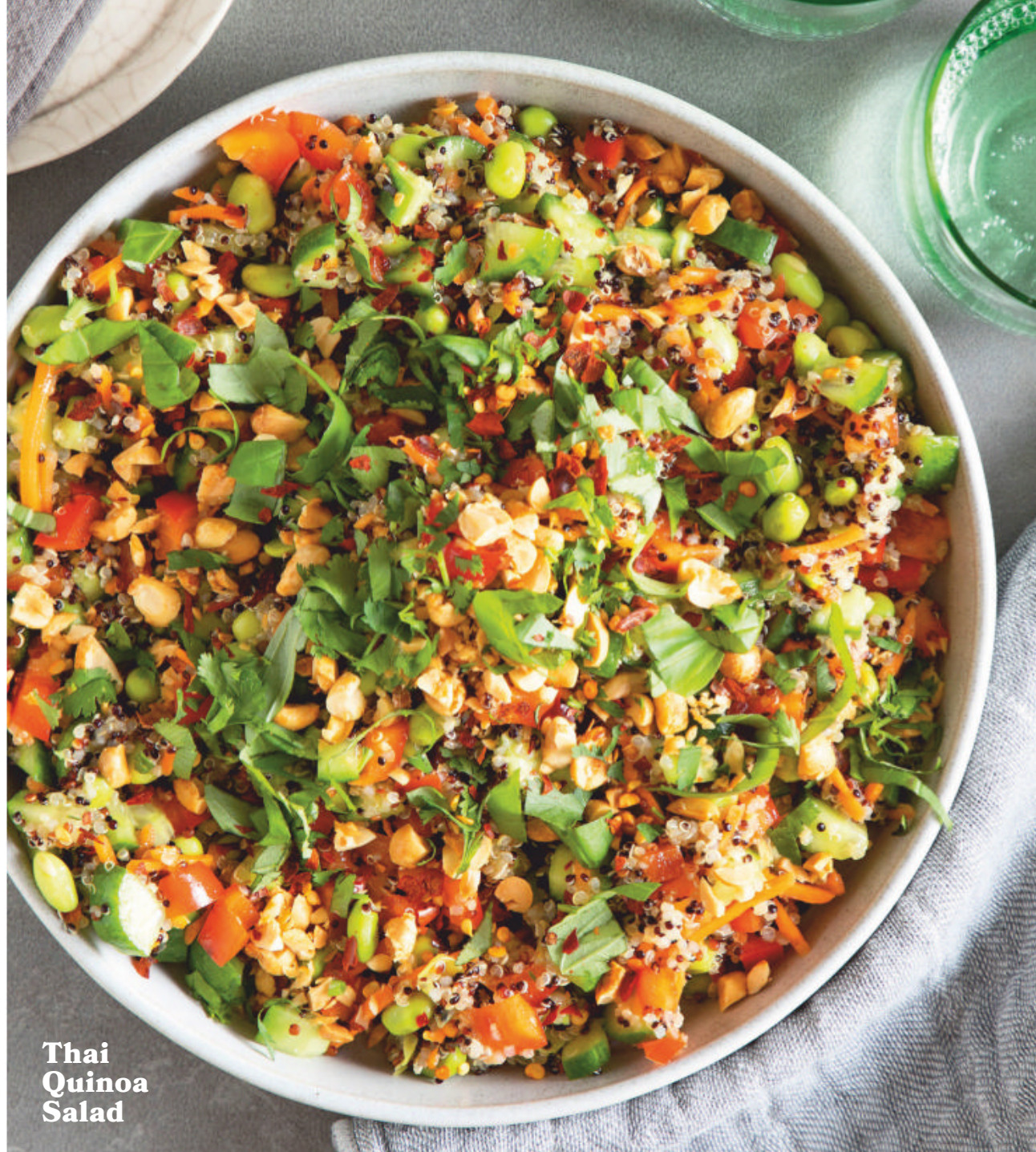
(40 minutes active)

SERVINGS 2

INGREDIENTS

- 2 small eggplants, sliced into sticks
- 1 teaspoon kosher salt
- ¼ cup chopped scallions
- 1 teaspoon chopped ginger
- 1 teaspoon chopped garlic
- 2 Thai red chili peppers, sliced
- 1 tablespoon dark soy sauce
- 1 tablespoon light soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil
- Cooked jasmine rice, for serving
- Sesame seeds, sliced
- scallions, for garnish

- 1** Place eggplant sticks on a paper towel-lined plate. Sprinkle with salt and let sit for 30 minutes. Pat dry.
- 2** In a small bowl, combine scallions, ginger, garlic and chilies. Set aside.
- 3** In another bowl, mix soy sauces, vinegar, sesame oil, sugar, cornstarch, and ⅔ cup water. Set aside.
- 4** On an IP, select Sauté; add vegetable oil to the inner pot. When oil is hot, add scallion mixture; cook for 1 minute until softened. Stir in eggplant and soy sauce mixture.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure



- Cook; cook on High Pressure for 6 minutes.
- 6** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 7** Place rice on a serving plate; top with eggplant mixture and garnish as desired.

Cilantro Lime Cauliflower Rice

Easy; Family Favorite; Guest-Worthy

This keto-friendly dish is a great side for Asian and Mexican mains.

START TO FINISH 20 minutes

(5 minutes active)

SERVINGS 4

INGREDIENTS

- 2 cups cauliflower florets
- 2 tablespoons olive oil

- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 tablespoon lime juice
- ¼ cup chopped cilantro
- Cilantro sprigs, lime wedges, for garnish

- 1** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place cauliflower on trivet.
- 2** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 3** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel. Drain cauliflower in a colander.
- 4** On an IP, select Sauté; add oil, salt and pepper to the inner pot. When oil is hot, add cauliflower; using a potato masher, mash cauliflower to rice-like consistency. Stir in lime juice and cilantro; cook for 1 minute.
- 5** Place mixture in serving bowl; garnish as desired to serve.



**Beet Salad With
Yogurt, Lime
and Jalapeño**

Brussels Sprouts and Farro Salad

Easy; Family Favorite; Special Occasion

Farro is an ancient grain related to modern-day wheat. It has a rich, nutty flavor.

START TO FINISH 45 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- 8 slices roughly chopped bacon
- 1 (12-ounce) package shaved Brussels sprouts
- 3 cups chicken broth
- 1½ cups uncooked quick-cooking farro, rinsed
- ¼ cup apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 2 teaspoons kosher salt
- ½ teaspoon ground black pepper
- ½ cup olive oil
- 1 cup dried cranberries
- 1 cup sliced almonds, toasted
- 1 cup crumbled goat cheese

1 On an IP, select Sauté; add bacon to the inner pot. Cook for 15 minutes, stirring occasionally, until crisp. Using a slotted spoon, remove bacon to a paper towel-lined plate. Leave 3 tablespoons fat in IP.

2 Stir in Brussels sprouts; cook for 4 minutes or until bright green. Remove sprouts to plate with bacon.

3 Stir broth and farro into IP.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

6 Drain farro in a colander.

7 In a large bowl, whisk together vinegar, mustard, honey, salt and pepper until combined.

Add oil in a slow, steady stream, whisking constantly until smooth.

8 Stir farro, Brussels sprouts, bacon, cranberries and almonds into

vinaigrette, tossing to coat.
Transfer mixture to a serving
platter; top with goat cheese.

Beet Salad With Yogurt, Lime and Jalapeño

Easy; Family Favorite; Guest-Worthy

Tart, creamy yogurt and spicy jalapeño
provide a nice contrast to the beets.

START TO FINISH 55 minutes
(10 minutes active)

SERVINGS 6

INGREDIENTS

- 6 medium beets, washed,
stems removed
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- 2 cups plain Greek yogurt
- 1 garlic clove, sliced
- 2 tablespoons chopped cilantro
- 1 teaspoon flaky sea salt
- ½ teaspoon ground
black pepper
- 1 jalapeño, stemmed,
seeded and sliced
- ⅓ cup chopped pistachios
- Olive oil, flaky sea salt, for serving
- Cilantro sprigs, lime wedges,
for garnish

- 1 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place beets on trivet.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 40 minutes.
- 3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 4 Drain beets into a colander; let cool slightly, then cut into quarters.
- 5 Meanwhile, in a medium bowl, stir together lime juice, lime zest, yogurt, garlic, cilantro, salt and pepper.
- 6 Spread yogurt mixture on a serving platter; top with beets. Sprinkle with jalapeño slices and pistachios. Drizzle with olive oil and sprinkle with flaky salt. Garnish as desired to serve.

Potatoes au Gratin

Classic; Guest-Worthy; Kid-Friendly

Creamy potatoes with a crispy
topping make the perfect side
for any chicken, beef or fish dish.

START TO FINISH 20 minutes
(10 minutes active)

SERVINGS 6

INGREDIENTS

- 2 tablespoons butter
- ½ cup chopped onion
- 1 teaspoon chopped garlic
- 1 cup chicken broth
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 6 medium potatoes,
peeled and sliced into
⅛-inch-thick rounds
- 1 cup plain panko
- 3 tablespoons butter, melted
- ½ cup sour cream
- 1 cup shredded
Gruyere cheese
- Chives, for garnish

- 1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add onion and garlic; cook for 1 minute until softened.
- 2 Stir in broth, salt and pepper. Place trivet on top of onion mixture; place potato slices in an even layer on trivet.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.
- 4 Meanwhile, in a small bowl, stir together panko and melted butter. Set aside.
- 5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Grease a 13x9-inch casserole dish. Preheat broiler. Layer potato slices in dish.
- 7 Stir sour cream and cheese into IP. Pour mixture evenly over potatoes. Sprinkle evenly with panko mixture and broil for 5 minutes or until golden brown.
- 8 Garnish as desired to serve.

Mushroom and Spinach Risotto With Bacon

Classic; Easy; Family Favorite

Risotto also makes a delicious
main course. You can omit the
bacon garnish for a vegetarian dish.

START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 teaspoon chopped garlic
- 1 cup chopped onion
- ½ cup chopped celery
- 1 (8-ounce) package sliced
cremini mushrooms
- 4 sprigs fresh thyme
- 2 cups vegetable broth
- 1 cup arborio rice
- 3 cups chopped baby spinach
- ⅓ cup grated Parmesan
cheese
- 2 tablespoons butter
- ½ teaspoon sea salt
- ½ teaspoon ground
black pepper
- Thyme sprigs, grated
Parmesan cheese,
cooked crumbled bacon,
for garnish

- 1 On an IP, select Sauté; add oil to the inner pot. When oil is hot, add garlic, onion and celery; cook for 2 minutes until softened.
- 2 Stir in mushrooms and thyme and cook for 3 minutes or until mushrooms have softened. Stir in broth and rice.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 6 minutes.
- 4 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Stir rice; remove thyme stems. Stir in spinach and cheese until spinach has wilted.
- 6 Stir in butter, salt and pepper. Garnish as desired to serve.

Cauliflower Barley ‘Risotto’

Easy; Family Favorite; Guest-Worthy

Barley’s nutty flavor and texture elevate this simple preparation

START TO FINISH 1 hour 15 minutes
(10 minutes active)

SERVINGS 4

INGREDIENTS

- 2 cups cauliflower florets
- 2 tablespoons olive oil
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ cup freshly grated Parmesan, divided
- 2 tablespoons butter, divided
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 cup pearled barley
- 3 cups vegetable broth
- 2 sprigs thyme
- 2 tablespoons chopped parsley
- Grated Parmesan cheese, parsley leaves, for garnish

- 1 Preheat oven to 425 F. Line a baking sheet with foil.
- 2 In a zip-close bag, add cauliflower and oil. Seal bag; toss to coat. Add in salt and pepper. Spread cauliflower on baking sheet.
- 3 Roast for 20 minutes, tossing halfway through. Sprinkle cauliflower with ¼ cup grated Parmesan, and roast until tender, 5 minutes more.
- 4 Meanwhile, on an IP, select Sauté; add 1 tablespoon butter to the inner pot. When butter is hot, add onion and garlic; cook for 1 minute until softened. Add barley, broth and thyme sprigs. Select Cancel.
- 5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.
- 6 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 7 Select Sauté; cook, uncovered, stirring often until barley is tender and creamy. Remove thyme sprigs.
- 8 Stir in remaining 1 tablespoon butter and ¼ cup cheese. Mix in cauliflower and parsley. Place in a serving bowl and garnish as desired to serve.

Creamy Garlic Broccoli Mash

Easy; Family Favorite; Quick

Try this rich dish with grilled fish or meat, or as a side with sandwiches.

START TO FINISH 10 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 tablespoon butter
- 1 teaspoon chopped garlic
- 1 pound broccoli, chopped
- ½ cup cream cheese
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- Yogurt, red pepper flakes, for garnish

- 1 On an IP, select Sauté; add butter to the inner pot. When butter is hot, add garlic; cook for 1 minute, stirring constantly. Select Cancel.
- 2 Stir in broccoli, ½ cup water, cream cheese, salt, pepper and red pepper flakes.
- 3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 1 minute.
- 4 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 5 Use a potato masher to mash broccoli to desired consistency. Place in a serving bowl and garnish as desired to serve.

Gold Potatoes With Garlic and Sage

Classic; Easy; Family Favorite

These buttery potatoes make a great pair alongside roasted chicken or any grilled foods.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 6



Creamy Garlic Broccoli Mash

INGREDIENTS

- 1½ pounds small Yukon gold potatoes
- ¼ cup butter, melted
- 2 teaspoons chopped garlic
- 3 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 1 tablespoon chopped sage
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

1 In the inner pot of an IP, add ½ cup water. Place trivet inside IP. Place potatoes on trivet.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 12 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Drain potatoes into a colander, then place in a large bowl.

4 Meanwhile, in a small bowl, stir butter, garlic, parsley, lemon juice and sage. Pour over potatoes, tossing to coat. Sprinkle with salt and pepper.

Street Corn Salad With Creamy Jalapeño Sauce

Classic; Easy; Guest-Worthy

If you like things spicy, leave some of the seeds in the jalapeños when making this dish.

START TO FINISH 20 minutes
(15 minutes active)

SERVINGS 6

INGREDIENTS

- 2 jalapeños, stemmed, halved and seeded
- 1 cup loosely packed cilantro
- ¼ cup sour cream
- 1 teaspoon chopped garlic
- 2 tablespoons lime juice, divided
- 1½ teaspoons kosher salt, divided
- 1½ teaspoons freshly cracked black pepper, divided
- ¼ cup plus 1 tablespoon olive oil, divided
- 6 ears yellow corn, shucked, silk removed



Street Corn Salad With Creamy Jalapeño Sauce

- ¼ cup diced red onion
- 1 Fresno pepper, chopped
- 1 teaspoon chopped garlic
- 2 tablespoons chopped cilantro
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon paprika
- 1 teaspoon lime zest
- ¼ cup crumbled cotija cheese
- Cilantro leaves, lime wedges, for garnish

1 Make jalapeño sauce: In a food processor, add jalapeños, cilantro, sour cream, garlic, 1 tablespoon lime juice, ½ teaspoon salt and ½ teaspoon pepper to taste; blend until smooth. Stream in ¼ cup oil until emulsified. Set aside.

2 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place corn on trivet.

3 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 2 minutes.

4 When time is up, set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Cancel. Drain, using a colander. Let corn cool slightly (for easier handling); using a sharp knife, cut kernels off cob.

5 Select Sauté; add oil to the inner pot. When oil is hot, add onion, Fresno pepper and garlic; cook for 3 minutes, stirring occasionally. Select Cancel.

6 Stir in cilantro, chili powder, cumin, paprika, remaining 1 tablespoon lime juice, lime zest, remaining 1 teaspoon salt, remaining 1 teaspoon pepper and cheese. Stir in corn kernels to coat.

7 Place mixture in serving bowl; drizzle with jalapeño sauce and garnish as desired to serve.



quick tip

When fresh berries are hard to find, you can use frozen. Not only are they available year-round, but they're often more affordable than fresh.

**Berry Compote,
page 90**



chapter nine

Desserts

End your meal on a sweet note with these tempting treats—with the Instant Pot, they're ready in no time!

DESSERTS

Berry Compote

Classic; Easy; Guest-Worthy

You can store this in the refrigerator in glass jars for up to 1 week.

START TO FINISH 23 minutes
(5 minutes active)

SERVINGS 4 cups

INGREDIENTS

- 2 cups sliced strawberries
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries
- 1 cup sugar
- 3 tablespoons lemon juice
- 1 tablespoon cornstarch
- Cake slices, for serving
- Mint leaves, for garnish

- 1 In the inner pot of an IP, add all berries, sugar and lemon juice. Stir to combine.
- 2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 3 minutes.
- 3 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid. Select Sauté on IP.
- 4 In a small bowl, whisk together the cornstarch and 1 tablespoon water. Stir into fruit mixture; bring to a boil and cook 1 minute, stirring constantly.
- 5 Transfer to a bowl and cool to room temperature, then refrigerate until ready to serve.

6 Serve over cake slices and garnish as desired.

Lemon Pound Cake

Classic; Easy; Guest-Worthy

Add a bit of lemon zest or juice to the glaze for extra citrus flavor.

START TO FINISH 2 hours
(30 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 1 cup butter, softened
- 2 cups granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- 4 large eggs
- 3 cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup whole buttermilk
- 1 teaspoon lemon zest
- 1 cup powdered sugar
- ½ cup whole milk
- Lemon slices, thyme sprigs, blueberries, for garnish

- 1 Coat a 7-inch tube pan with cooking spray. Set aside.
- 2 In the bowl of a stand mixer, beat butter, sugar, vanilla and lemon extract until creamy.
- 3 Add in the eggs one at a time, beating well after each addition.
- 4 In a medium bowl, sift together flour, baking soda, baking powder and salt. Alternating between flour mixture and buttermilk, slowly add each to the butter mixture, beating after each addition. Stir in lemon zest.
- 5 Pour batter into prepared pan and cover with foil.
- 6 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 7 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 90 minutes.

- 8 Meanwhile, to make glaze, in a small bowl, whisk powdered sugar and milk. Set aside.
- 9 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 10 Place pan on a wire rack to cool for 20 minutes. Invert cake onto a serving platter and drizzle with glaze. Garnish as desired to serve.

Strawberry Cake

Classic; Easy; Family Favorite; Kid-Friendly

You can also use raspberries or blackberries in this cake.

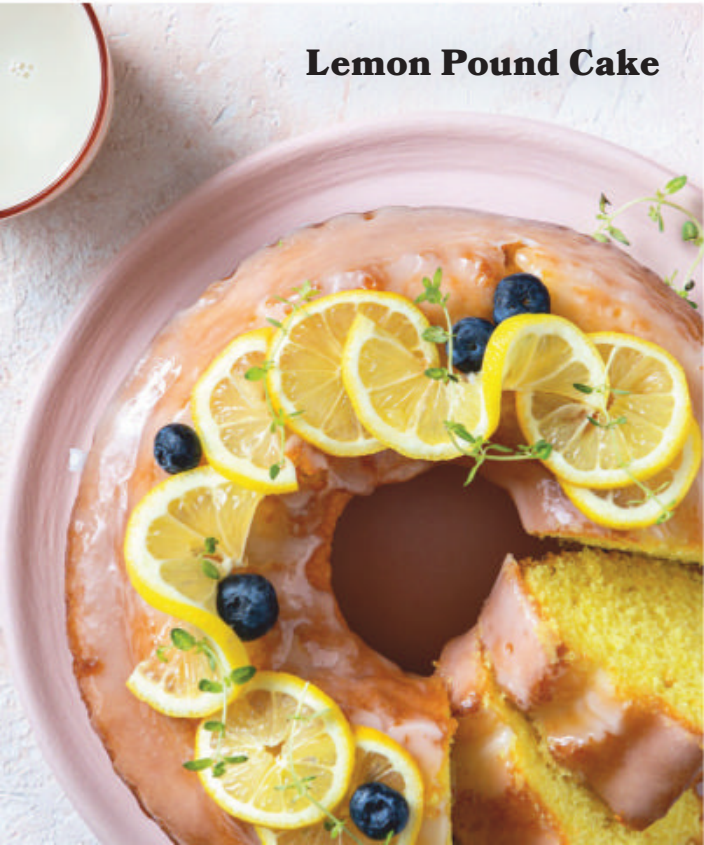
START TO FINISH 35 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- Cooking spray
- 1¼ cups all-purpose flour
- ½ cup granulated sugar
- 2 teaspoons baking powder
- ¾ cup whole milk
- ⅓ cup melted butter
- 1 teaspoon vanilla extract
- 1 cup chopped strawberries
- Whipped cream, for serving
- Sliced strawberries, for garnish

- 1 Coat a 7-inch round pan with cooking spray. Set aside.
- 2 In a large bowl, whisk together flour, sugar and baking powder. Stir in the milk, butter and vanilla. Mix well. Fold in strawberries. Pour batter into prepared pan.
- 3 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.
- 5 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Let cake cool on a wire rack, then invert onto a serving plate. Serve with whipped cream; garnish as desired.



Lemon Pound Cake



Chai-Spiced Rice Pudding

Easy; Family Favorite; Kid-Friendly

This fresh take on an old-school classic adds fragrant spices and tasty toppings.

START TO FINISH 20 minutes
(5 minutes active)

SERVINGS 3

INGREDIENTS

- 1 cup short-grain rice
- 1 cup whole milk
- 1 cup unsweetened coconut milk
- 2 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 5 cardamom pods
- 1 teaspoon vanilla extract
- ⅛ teaspoon kosher salt
- Cherries, chopped pistachios, chopped pineapple, sliced apricots, for serving

1 In the inner pot of an IP, stir together rice, milk, coconut milk, 1½ cups water, brown sugar, cinnamon, ginger, nutmeg, cardamom pods, vanilla and salt.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Remove and discard cardamom pods. Stir well.

5 Divide among serving bowls and add desired toppings.



**Peanut Butter
Chip Cookie**

Peanut Butter Chip Cookie

Easy; Family Favorite; Special Occasion

You can pipe a special message on this cookie before serving, if you'd like.

START TO FINISH 55 minutes
(25 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 1 cup butter, softened
- ½ cup granulated sugar
- ½ cup light brown sugar
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup all-purpose flour
- 1 cup milk chocolate chips
- 1 cup peanut butter chips
- Whipped cream, for serving
- Chocolate chips, peanut butter chips, for garnish

- 1** Coat a 7-inch cake pan with cooking spray. Set aside.
- 2** In a stand mixer, cream butter and sugars until smooth and creamy.
- 3** Beat in salt, baking soda, vanilla and egg. Slowly add flour and mix until incorporated.
- 4** Stir in chocolate chips and peanut butter chips. Place batter in prepared pan and cover with foil.
- 5** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 6** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.
- 7** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 8** Remove pan and let cool on a wire rack for 15 minutes. Invert onto a serving platter.
- 9** To serve, slice into wedges and top with whipped cream. Garnish as desired.

Sprinkle Cookies

Classic; Easy; Special Occasion

Mix it up by combining colorful sprinkles and nonpareils on these cookies.

START TO FINISH 15 minutes
(5 minutes active)

SERVINGS 5

INGREDIENTS

- Cooking spray
- ½ (15.25-ounce) package white cake mix
- 1 large egg
- 1 tablespoon vanilla extract
- ½ cup sprinkles

- 1** Coat a 7-inch cake pan with cooking spray. Set aside.
- 2** In a large bowl, mix together cake mix, ¼ cup water, egg and vanilla. Roll into 5 equal-sized balls.
- 3** Place sprinkles in a shallow bowl; roll each ball in sprinkles to coat thoroughly. Place balls in prepared pan, leaving space between them, and flatten slightly.
- 4** Place trivet in the inner pot of an IP. Place pan on trivet.
- 5** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 10 minutes.
- 6** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 7** Place pan on a wire rack to cool. Serve cookies warm.

Tapioca Pudding With Berries

Classic; Easy; Family Favorite

Coconut milk makes this dairy-free pudding super creamy. Top it with your favorite berries (and some toasted, shredded coconut if you'd like).

START TO FINISH 1 hour 40 minutes
(5 minutes active)

SERVINGS 4

INGREDIENTS

- 1 (14-ounce) can coconut milk
- ⅓ cup tapioca
- ⅓ cup maple syrup
- 1 teaspoon vanilla extract
- ⅛ teaspoon kosher salt
- Berries, for serving
- Mint sprigs, for garnish

1 In the inner pot of an IP, stir together ½ cup water, coconut milk, tapioca, maple syrup, vanilla and salt.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Stir mixture and transfer to a bowl. Refrigerate for 1 hour or until thickened.

5 Divide between serving bowls. Top with and garnish as desired.

Apple and Strawberry Sauce

Family Favorite; Kid-Friendly; Special Occasion

Make this sauce as smooth or chunky as you like.

START TO FINISH 25 minutes
(5 minutes active)

SERVINGS 8

INGREDIENTS

- 3 large Granny Smith apples, cored, peeled and chopped
- 1 quart strawberries, hulled and halved
- ¼ cup granulated sugar
- ¼ teaspoon vanilla extract
- ⅛ teaspoon kosher salt
- Vanilla ice cream, for serving
- Sliced strawberries, for garnish

1 In the inner pot of an IP, add apples, strawberries, ½ cup water, sugar, vanilla and salt.

2 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 5 minutes.

3 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

4 Using an immersion blender, puree mixture to desired consistency.

5 Select Sauté; cook for 5 minutes, stirring occasionally until sauce thickens. Sauce can be refrigerated for up to 5 days.

6 Serve over ice cream; garnish as desired.

Black and Blue Cobbler

Easy; Family Favorite; Guest-Worthy

Be sure to set aside some fresh berries to top this classic dessert.

START TO FINISH 30 minutes
(15 minutes active)

SERVINGS 6

INGREDIENTS

- Cooking spray
- 1 cup all-purpose flour
- 1½ cups sugar, divided
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 2 tablespoons whole milk

- 2 tablespoons vegetable oil
- 2 large eggs, at room temperature, beaten
- 2 cups blackberries
- 2 cups blueberries
- Whipped cream, for serving
- Mint leaves, for garnish

1 Coat a 7-inch cake pan with cooking spray. Set aside.

2 In a large bowl, combine flour, 1 cup sugar, baking powder, salt and cinnamon. Stir in the milk, oil and eggs, just until moistened. Spread the batter evenly into prepared pan.

3 In a large saucepan, combine berries, 1 cup water and remaining ½ cup sugar; bring to a boil. Remove from heat and pour over batter. Cover pan with foil.

4 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 15 minutes.

6 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

7 Place pan on a wire rack to cool. Remove foil.

8 Serve with whipped cream; garnish as desired.





quick tip

This cake uses shredded coconut, but you could also use coconut flakes. They are much larger pieces and lend a special-occasion look to the confection.

Chocolate Fudge Cake

Classic; Guest-Worthy

This dense, old-fashioned cake just needs a scoop of ice cream to be a perfect ending.

START TO FINISH 55 minutes
(20 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 1 cup all-purpose flour
- ¼ cup unsweetened cocoa powder, plus more for sprinkling
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- 2 large eggs
- 1 cup granulated sugar
- 5 tablespoons melted butter
- ½ teaspoon vanilla extract
- 3 tablespoons whole milk
- 2 cups semisweet chocolate chips
- Vanilla ice cream, for serving

- 1 Coat a 7-inch springform pan with cooking spray. Set aside.
- 2 In a small bowl, whisk together flour, cocoa powder, baking powder and salt.
- 3 In a medium bowl, whisk together eggs, sugar, butter, vanilla and milk. Gently whisk dry mixture into wet mixture. Fold in chocolate chips.
- 4 Pour mixture into prepared pan and cover with foil.
- 5 In the inner pot of an IP, add 1½ cups water. Place trivet inside IP. Place pan on trivet.
- 6 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 35 minutes.
- 7 When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 8 Remove pan and place on a wire rack. Remove foil; let cool completely.
- 9 To serve, unlock and remove pan. Sprinkle cake with cocoa powder, cut into wedges and serve with ice cream.

Olive Oil Cake

Classic; Easy; Special Occasion

Olive oil makes this not-too-sweet cake moist. Use the best quality oil you can find.

START TO FINISH 2 hours 20 minutes
(20 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 3 large eggs
- 1½ cups extra-virgin olive oil
- 1¼ cups whole milk
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1 cup granulated sugar
- Powdered sugar, berries, rosemary sprig, lemon slices, for garnish

- 1 Coat a 7-inch springform pan with cooking spray.
- 2 In a large bowl, stir together flour, baking powder, baking soda and salt. Set aside.
- 3 In the bowl of a stand mixer, beat eggs and oil. Add milk, lemon zest and lemon juice and continue mixing until well combined. Add the sugar and mix until combined.
- 4 Pour in half the flour mixture and mix until combined, then pour in remaining flour mixture and mix until the flour is incorporated. Pour batter into prepared pan.
- 5 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 6 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 20 minutes.
- 7 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 8 Place pan on a wire rack to cool. Invert cake onto a serving platter. Garnish as desired and slice to serve.

Easy Layered Coconut Cake

Classic; Guest-Worthy; Special Occasion

A simple white cake gets an upgrade with creamy homemade frosting and a generous sprinkling of shredded coconut.

START TO FINISH 55 minutes
(10 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 1 (15.25-ounce) box white cake mix
- 3 egg whites
- ½ cup vegetable oil
- ½ teaspoon coconut extract
- ¾ cup butter, softened
- ¼ cup cream cheese, softened
- 3½ cups powdered sugar
- 5 tablespoons heavy cream
- Shredded sweetened coconut, for topping

- 1 Coat a 7-inch cake pan with cooking spray. Set aside.
- 2 Using a stand mixer, add cake mix, 1 cup water, egg whites, oil and coconut extract. Pour into prepared pan.
- 3 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 35 minutes.
- 5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6 Remove pan and place on a wire rack to cool for 15 minutes. Invert cake onto a serving plate. Cut the cake in half crosswise to form two layers.
- 7 Meanwhile, to make frosting, in a large bowl, beat butter, cream cheese, powdered sugar and cream.
- 8 When cake is completely cool, frost top of bottom layer; place upper layer on top, then frost top and sides. Sprinkle with shredded coconut and serve.



Chocolate Sour Cream Cheesecake

Chocolate Sour Cream Cheesecake

Classic; Easy; Special Occasion

The chocolatey sour cream topping and pastry-chef-worthy white chocolate curls take this cheesecake to the next level.

START TO FINISH 5 hours 50 minutes
(25 minutes active)

SERVINGS 8

INGREDIENTS

- Cooking spray
- 2 (8-ounce) packages cream cheese, softened
- 2 large eggs
- 1¼ cups sour cream, divided
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- ¼ cup unsweetened cocoa
- ¼ cup powdered sugar
- White chocolate curls, for garnish

- 1** Coat a 7-inch springform pan with cooking spray. Set aside.
- 2** In the bowl of a stand mixer, beat cream cheese, eggs, ¼ cup sour cream, sugar and vanilla. Pour batter into prepared pan; cover pan with foil.
- 3** In the inner pot of an IP, add 1½ cups water. Place trivet inside IP. Place pan on trivet.
- 4** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 45 minutes.
- 5** When time is up, use natural release for 15 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Meanwhile, in a small bowl, combine remaining 1 cup sour cream, cocoa and powdered sugar. Set aside.
- 7** Remove foil and place cake on a wire rack to cool for 30 minutes. Spread sour cream mixture over cake. Cover with plastic wrap and refrigerate for 4 hours.
- 8** Remove plastic wrap. To serve, unlock and remove pan and place cheesecake on a serving platter. Garnish as desired.

Peach Dump Cake

Classic; Family Favorite; Guest-Worthy

Enjoy one of summer's favorite fruits year-round with this easy-peasy cake.

START TO FINISH 30 minutes
(5 minutes active)

SERVINGS 6

INGREDIENTS

- Cooking spray
- 2 (14.5-ounce) cans peaches in juice
- ½ (15.25-ounce) box vanilla cake mix
- ½ cup butter, cubed
- Peach ice cream, for serving
- Mint leaves, for garnish

- 1** Coat a 7-inch cake pan with cooking spray.
- 2** Pour peaches and juice evenly into pan; sprinkle cake mix over peaches. Top with butter cubes.
- 3** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet; cover pan with foil.
- 4** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.
- 5** When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Place pan on a wire rack to cool.
- 7** Serve warm with ice cream; garnish as desired.

Raspberry Lemon Bread Pudding

Classic; Family Favorite; Guest-Worthy

Challah bread is eggy and slightly sweet, making it perfect for bread pudding.

START TO FINISH 1 hour
(10 minutes active)

SERVINGS 6

INGREDIENTS

- Cooking spray
- 3 large eggs
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract

- 2 cups heavy cream
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- 7 cups cubed challah bread
- 1½ cup raspberries
- Whipped cream, for serving
- Fresh raspberries, for garnish

- 1** Coat a 7-inch cake pan with cooking spray. Set aside.
- 2** In a large bowl, whisk eggs, sugar, vanilla, cream, lemon juice and lemon zest. Gently stir in bread cubes. Fold in raspberries. Pour mixture into prepared pan.
- 3** In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place pan on trivet.
- 4** Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 30 minutes.
- 5** When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.
- 6** Place pan on a wire rack to cool for 10 minutes.
- 7** To serve, slice into wedges, top with whipped cream and garnish as desired.

Mocha Cake With Raspberries

Classic; Family Favorite; Guest-Worthy

A hint of coffee perfectly tempers the sweetness in this cake.

START TO FINISH 35 minutes
(10 minutes active)
SERVINGS 6

INGREDIENTS

- Cooking spray
- 4 large eggs, at room temperature
- 1½ cups granulated sugar
- ½ cup melted butter
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- ½ cup unsweetened cocoa
- 1 tablespoon instant coffee granules
- ¼ teaspoon salt
- Vanilla ice cream, for serving
- Raspberries, for garnish

1 Coat a 1½-quart baking dish with cooking spray. Set aside.

2 In a large bowl, beat eggs, sugar, butter and vanilla until blended. In another bowl, whisk flour, cocoa, coffee and salt. Gradually beat dry mixture into wet mixture. Pour into prepared baking dish and cover loosely with foil.

3 In the inner pot of an IP, add 1 cup water. Place trivet inside IP. Place baking dish on trivet.

4 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 25 minutes.

5 When time is up, use natural release for 10 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

6 Place dish on a wire rack to cool.

7 Serve warm with ice cream and garnish as desired.

Blueberry Crumble

Easy; Guest-Worthy; Kid-Friendly

If blueberries are not in season, you can use frozen, defrosted berries.

START TO FINISH 30 minutes
(10 minutes active)
SERVINGS 4

INGREDIENTS

Cooking spray

- 3 cups blueberries
- 3 tablespoons granulated sugar
- 1 cup all-purpose flour
- 1 cup rolled oats
- ¾ cup light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ¾ cup melted butter
- Vanilla ice cream, for serving

1 Coat a 7-inch cake pan with cooking spray. Set aside.

2 In a large bowl, combine berries and sugar. Let sit for 5 minutes. Pour into prepared pan.

3 In a medium bowl, mix together flour, oats, brown sugar, cinnamon, nutmeg and salt. Add butter and stir until crumbly. Sprinkle evenly over berry mixture. Cover pan with foil.

4 In the inner pot of an IP, add 1½ cups water. Place trivet inside IP. Place pan on trivet.

5 Lock lid; set pressure-release valve to Sealing. Select Pressure Cook; cook on High Pressure for 8 minutes.

6 When time is up, use natural release for 5 minutes, then set pressure-release valve to Venting to release remaining pressure. Unlock lid.

7 Place pan on a wire rack to cool. Remove foil. Serve with ice cream.



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